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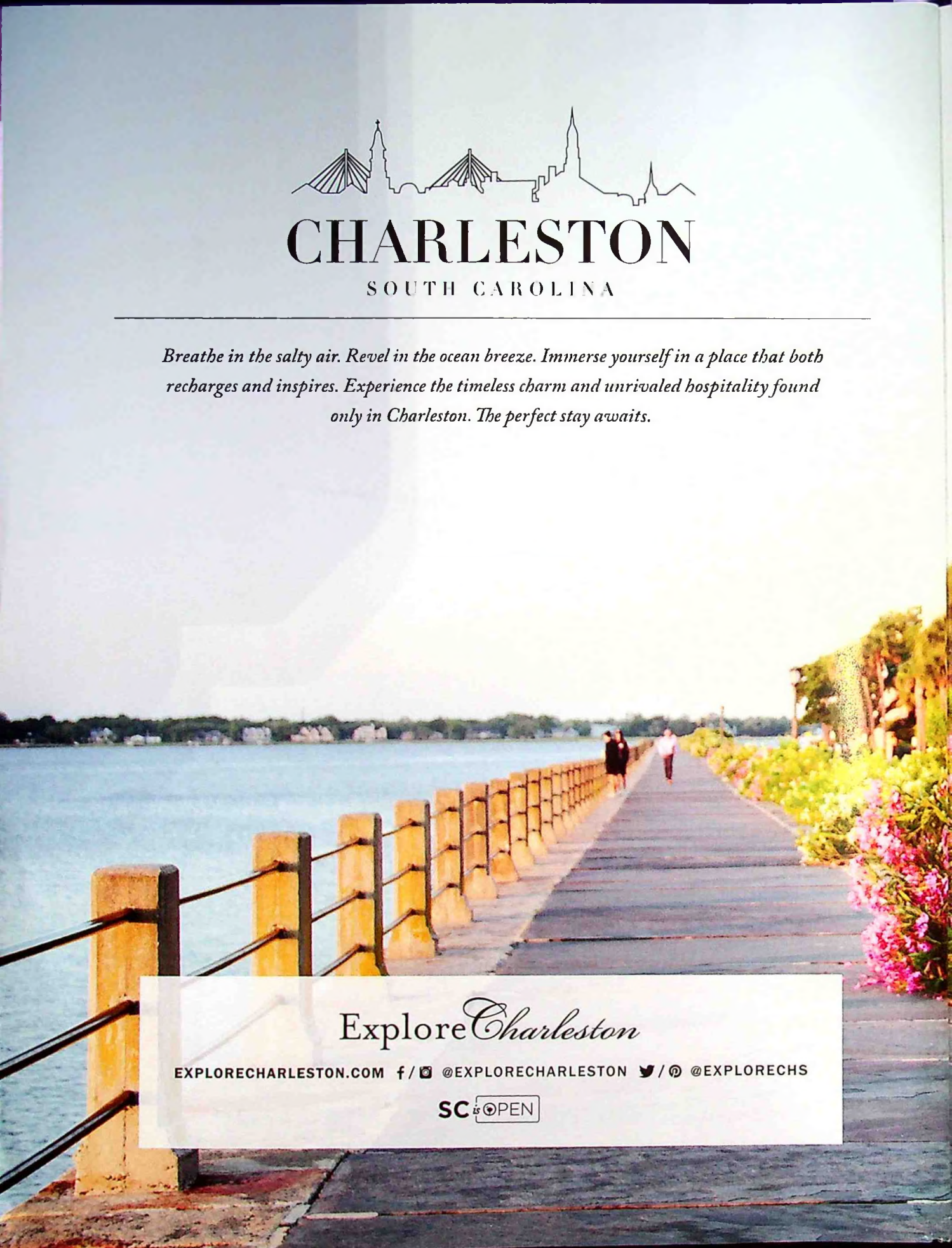

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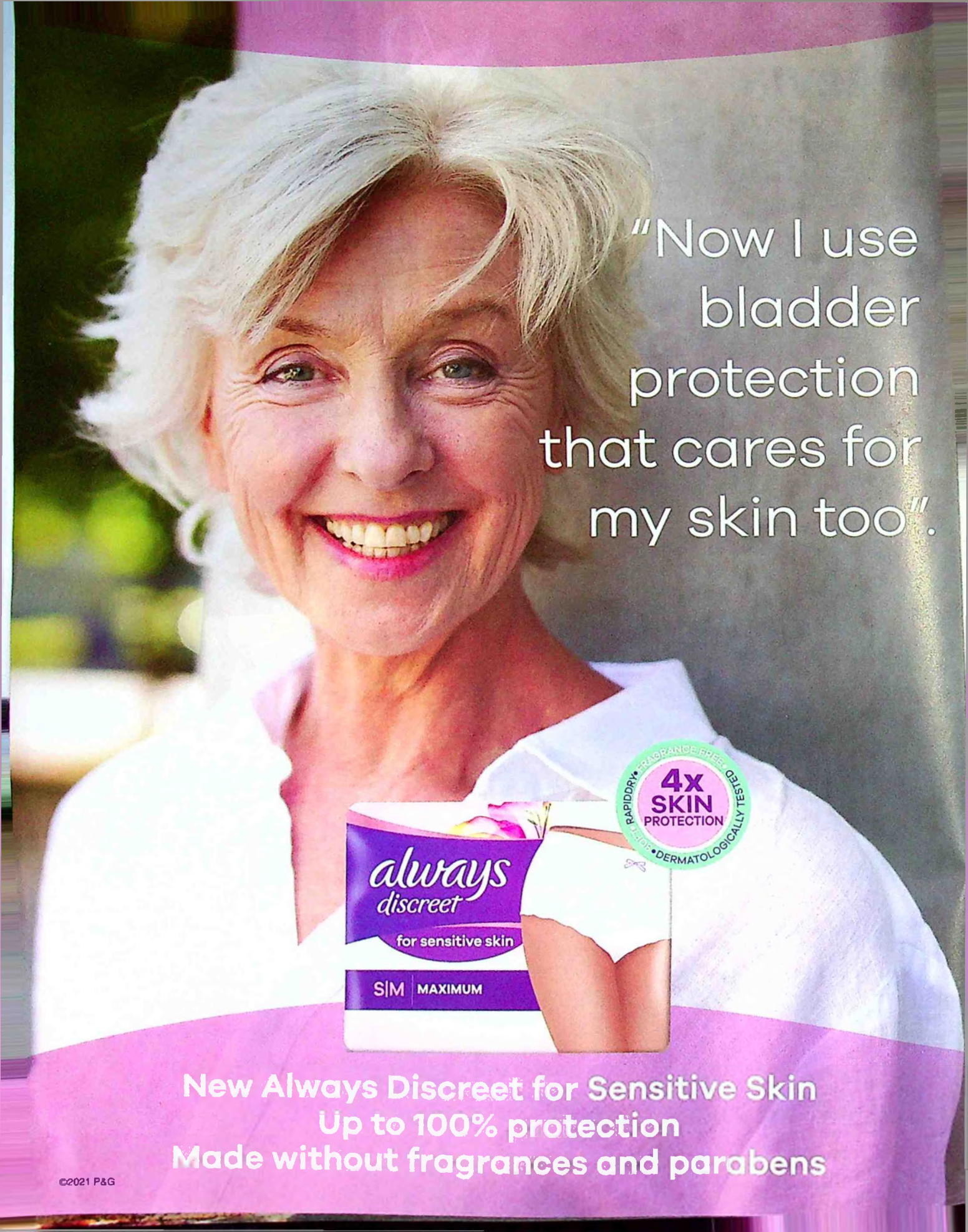
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AUGUST 2021

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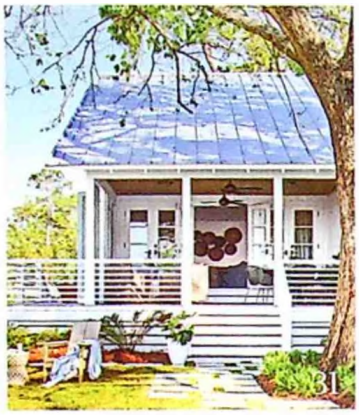

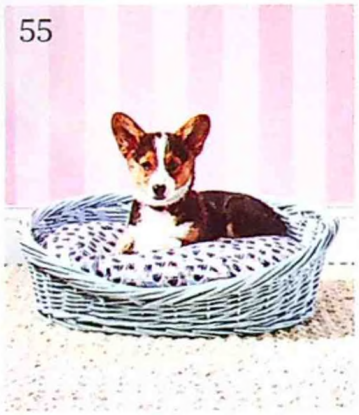

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cover photograph by BRIE WILLIAMS *styling by* PAGE MULLINS

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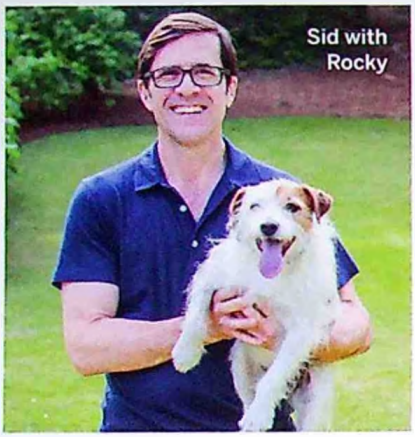
"Don't accept your dog's admiration as conclusive evidence that you are wonderful." —ANN LANDERS

The New Guy

Learning to manage a puppy, one shoe at a time


Sid with Rocky

ONE OF THE least original things we did during the pandemic was to bring home a puppy. This was in the spring of 2020, when the experience of quarantining was still new. Like many people, we were looking for a diversion—anything to take our minds off the news. We already had a dog we loved, an easygoing Jack Russell terrier named Rocky, but when some good friends of ours in Charleston, South Carolina, said they had a litter of Boykin spaniels on the way, it seemed like fate. Our kids, bleary-eyed from online school, sparked to the idea immediately, making empty promises about how they would feed and clean up after him. In no time, we convinced ourselves that Rocky needed a friend and that we were destined for a new family member. For some reason, I decided we should ask for a boy, and eight weeks later, we brought home the furry, brown creature we call Sully.

Sully

Rocky was the first one to sound the alarm when the new guy took an interest in his beloved tennis ball. The Boykin clearly didn't understand boundaries, despite Rocky's bared teeth and menacing growls. My wife, Susan, came to the same conclusion when he started destroying her favorite shoes, one after the other, preferring them to a dozen different chew toys. He enjoyed eating socks, too, particularly dirty pairs that the kids left lying around, though his victims also included flip-flops, dog beds, magazines, towels, sofa pillows, cardboard boxes, and my son's new AirPods, which he somehow managed to extract from their case.

I don't mean to focus on his less charming qualities, because we do love him. He's also handsome, with floppy ears, pleading eyes, and spiky hair that recalls the eighties rocker Billy Idol. As I worked from home for more than a year, he was often curled up at my feet during virtual meetings, wrestling with Rocky, or bounding around the yard chasing bugs (his favorite hobby). Looking back, I'm not sure how we could have gotten through the pandemic without him, though we'd certainly have fewer stains on our rugs—and several more pairs of shoes. You probably have things like this under better control at your house, but if you need a little help, turn to our Pet Awards on page 55 to see our favorite products. And if you have any Boykin advice, I'm all ears.

Sid Evans, Editor in Chief
sid@southernliving.com

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Southern Living is partnering with the City of Charleston and Historic Charleston Foundation on the weekend of December 2-5 for festive gatherings, historic-home tours, cooking demonstrations, and a holiday concert. Many of our Tastemakers (see page 79) will be there for a curated market of Southern-made goods, and some of the country's most exciting designers will join us for book signings and talks on preservation. To learn more, go to ***illuminationcharleston.com***.

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Behind the Scenes

Southern Living

Erin Napier

This isn't the only time Erin Napier, cohost of HGTV's hit shows *Home Town* and *Home Town Takeover*, has appeared in our pages, but it's the first time she's done so as a writer. As you'll see in "The Book of Ouida" (page 104), the Laurel, Mississippi, native is a gifted storyteller.

Betsy Cribb

Betsy Cribb is the Features Editor at *Southern Living*. Based in Birmingham, she covers a variety of topics for the magazine, from family food traditions ("Roll Models," page 96) to the women making our region a bolder, brighter place ("The New Southern Tastemakers," page 79).

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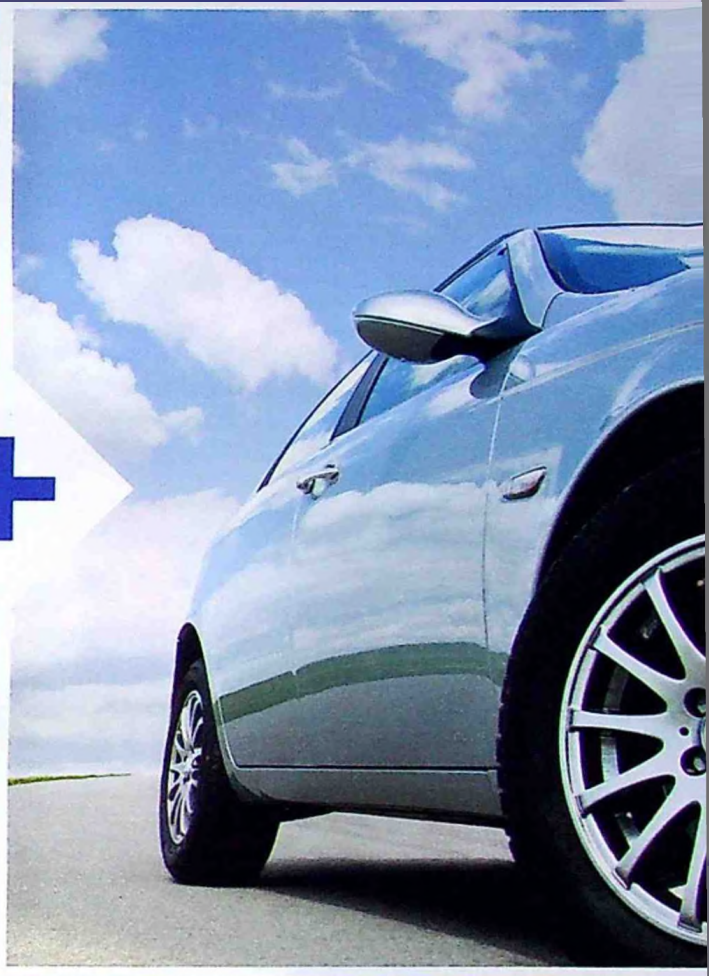

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In Season

WHAT'S IN STORE

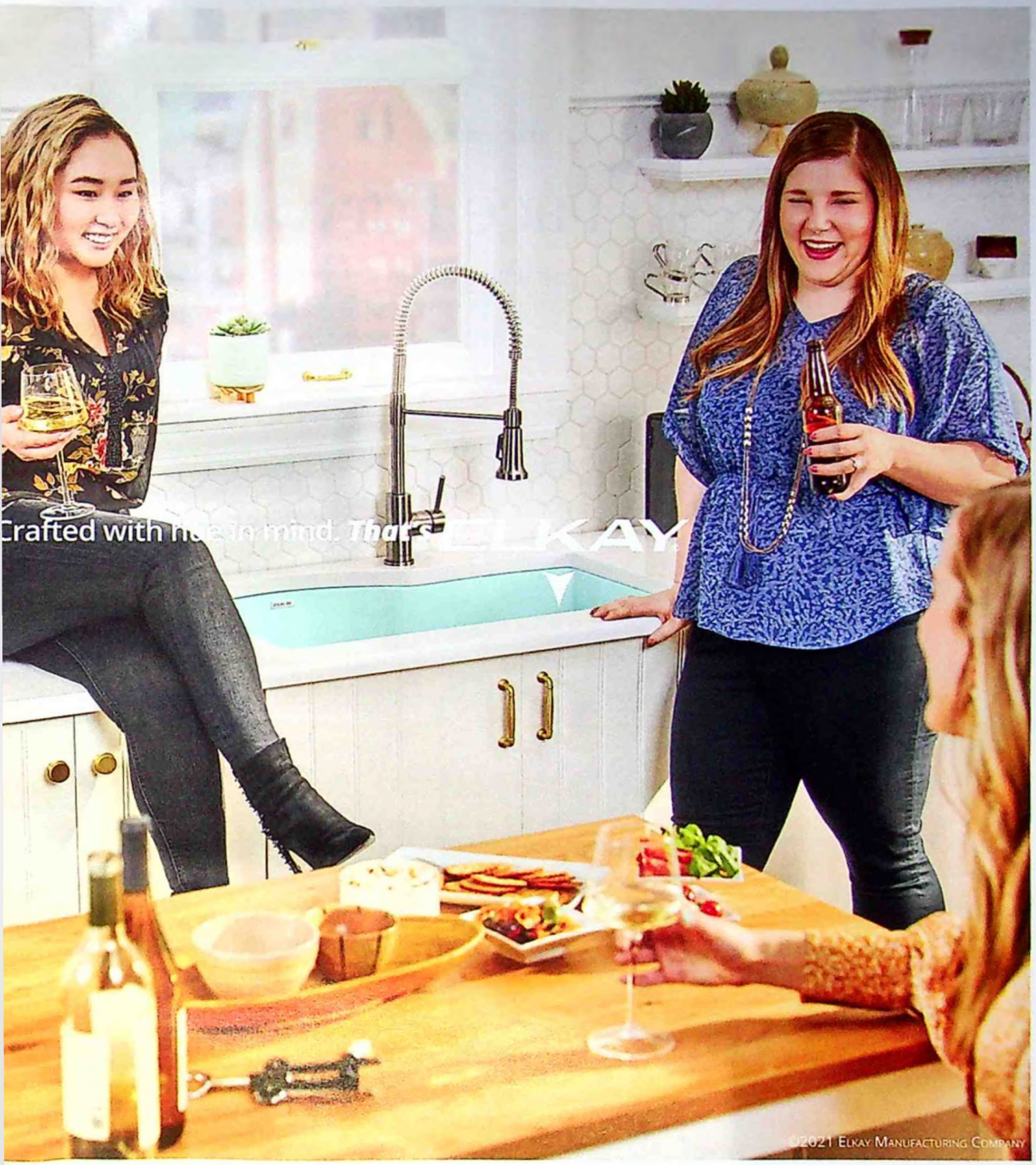
The House Drink

Stylish beverage dispensers to display your cocktail of choice

SIGNATURE SERVER
Embossed Basket Weave Glass Beverage Dispenser, $30; *kirklands.com*

PAGE MULLINS *photographs by* HECTOR MANUEL SANCHEZ

(1) Cork-Lid Beverage Dispenser, $80; *williams-sonoma.com* **(2) Marble Beverage Dispenser Stand,** $90; *williams-sonoma.com* **(3) Rattan + Glass Drink Dispenser,** $42; *shopterrain.com* **(4) Cold Drink Dispenser with Glass Stand,** $85; *crateandbarrel.com* **(5) Circleware Beehive Beverage Dispenser with Glass Lid,** $37; *amazon.com*



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BEAUTY BUZZ

Fresh Face Forward

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Hands-On
You can skip the brushes. Most of these are designed for fingertip application.

(1) RMS Beauty Lip2Cheek Glow Quad Mini Take this compact on the go for use as a blush, lip color, radiance booster, and highlighter whenever complexion dullness hits. $25; *rmsbeauty.com*

(2) EleVen by Venus Williams Perfect Form Lip Balm SPF 15 Sun protection that is camouflaged in three sheer shades plus an easy-to-wear red? It's an ace. $19; *ulta.com*

(3) Jones Road Just a Sec Bright Eyes Use your ring finger to swipe this crease-proof color across the eyelids and brow bone. It's bolstered with vitamin E to guard this area against environmental damage. $26; *jonesroadbeauty.com*

(4) Lancôme Lash Idôle Lash-Lifting & Volumizing Mascara The secret to looking put together in a flash? A good mascara. This pick features a gel formula and a curved brush that fans out lashes. $26; *dillards.com*

(5) Ilia Beauty Super Serum Skin Tint SPF 40 Liquid makeup that's infused with active levels of ingredients to perfect and protect skin means you just cleanse and apply—no other serum or sunscreen needed. $48; *iliabeauty.com*

by PATRICIA WEIGEL SHANNON *photograph by* ROBBIE CAPONETTO

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BOUNTY

Bring on the Blackberries

Time to enjoy these late-summer beauties

Blackberry Floats, page 20

produced by LISA CERICOLA photographs by GREG DUPR

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milk choc

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Heart Healthy.*

USE 'EM, OR LOSE 'EM
Blackberries are very perishable; eat them within a day or two.

Blackberry-Lime Drop Biscuits

Whisk together 2 cups **self-rising flour**, ¼ cup **brown sugar**, and 1 tsp. **lime zest** in a bowl. Cut in ½ cup cold cubed **unsalted butter** until crumbly. Add 1 cup **blackberries**, ¾ cup **sour cream**, and ⅓ cup **buttermilk**; stir until dough comes together. Drop dough by ¼ cupfuls 2 inches apart on 2 parchment paper-lined baking sheets. Bake at 400°F on upper- and lower-third racks until tops begin to brown, about 14 minutes, rotating baking sheets halfway through. Whisk together 1 cup **powdered sugar** and 2 Tbsp. **lime juice** in a bowl; drizzle over warm biscuits.

ACTIVE 15 MIN. · TOTAL 30 MIN. · SERVES 6

from previous page

Blackberry Floats

Process 2 cups **blackberries**, ¼ cup **hot water**, ⅓ cup **granulated sugar**, and 1 Tbsp. **lemon juice** in a blender until pureed, about 2 minutes. Strain; discard solids. Scoop ⅓ cup **vanilla ice cream** into each of 4 glasses. Spoon ⅓ cup blackberry mixture into each glass; top each with 1 cup **club soda**. Garnish with **blackberries** and **mint**.

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SECRETS TO A GOOD LIFE

Aging Reimagined

Caire Beauty's founders want to change the way women think about skin care

BEAUTY-INDUSTRY veterans Celeste Lee (above left) and Lorrie King (above right) wanted products that actually worked for them. "About five or six years ago, we noticed that our friends were calling nearly every week and saying, 'I've been using this great eye cream my whole life, and it's not doing anything anymore,' " recalls Lee, who says the culprit was perimenopause, the four- to ten-year time period before menopause occurs. "Most women don't really know what goes along with it, except for hot flashes, but the truth of the matter is that one of the first signs is changing skin." Unsatisfied with options they saw on the market for the over-40 set, Lee and King partnered with a team of scientists to launch Caire Beauty (@caire_beauty), a "hormone-defying" brand that works hard to improve the skin from within. Beyond the thoughtfully formulated product line, the pair aimed to create a community where women could feel empowered. "We wanted someone speaking to us in a caring, embracing way, who isn't talking down to us or saying we're going through this awful, taboo menopause thing," says King. "With Caire, we can have a conversation about it that's genuine, honest, and trusting." It's about "life moments," adds Lee. "You have to be able to celebrate the good ones and manage the bad ones. Everything you choose—from the clothes you put on to the food you eat to the products you use—should be something that supports you."

Take Your Shot!

IF YOU'RE LOOKING TO AVOID the flu's worst effects this year, it's smart to schedule a vaccine. While flu season typically doesn't peak until February, the CDC recommends getting your vaccine before the end of October, as cases often begin to rise in early fall. But don't sign up for the shot too early: Getting vaccinated in July or August may reduce its efficacy later in the season, especially for older adults. Learn more at *cdc.gov/flu*.

HOUSE CALL

Peace of Mind

When it comes to loved ones with memory problems, taking them to see a physician early is essential, says Dr. Jo Cleveland, a dementia specialist. Medical attention may rule out issues that can mimic dementia, like depression or sleep apnea. But if a person is diagnosed with Alzheimer's disease, a physician can also help coach you through care options. "Alzheimer's disease generally causes a gradual decline in independence over about 10 years," notes Cleveland. "It's good to have a dementia specialist walking with you during that decade to help with decisions that have to be made, [like when to let someone else manage finances]."

by BETSY CRIBB

WHOOPING COUGH IS LIKE ICE CREAM

IT'S NOT JUST FOR KIDS

Whooping cough is known for violent, uncontrollable coughing fits which makes it hard to breathe, and is sometimes followed by vomiting and exhaustion. Whooping cough is highly contagious and can easily spread from person to person.

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Homework Heroes

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(1) 24-Pack Harvest Professional #2—Cedar Box Set pencils, $43; *musgravepencil.com* **(2) Travel Pouch** in Cotton Candy, from $34; *stoneycloverlane.com* **(3) Medium 17-Month Academic Planner**, $29; *bando.com* **(4) Gear-Up Watercolor Dream Cool Recycled Backpack** in XL, $80; *pbteen.com* **(5) Hardwire Mini** blue light-blocking glasses, $55; *quayaustralia.com* for similar

Right on Track

Teacher-approved tips to prep your kids for the new school year

"Read, read, read. Go to the **public library,** and check out a variety of nonfiction and fiction texts. Some libraries even have reading lists or fun summer programs—and they're free!"
–Molly Waldren
2nd grade: **Birmingham, Alabama**

"Keep **a routine**. It doesn't matter what it is, whether it's waking up at a certain time or doing different activities in the morning and afternoon. It will help them (and their teachers) when they go back to school and have to follow a specific schedule."
–Donya Amer
5th grade: **Charleston, South Carolina**

"Help your kids come up with some **goals** for the school year. It'll get them motivated."
–Sarah Burrow
6th grade: **Madison, Mississippi**

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THE GRAPEVINE

WHAT SOUTHERNERS ARE BUZZING ABOUT

SPOTLIGHT

The Happiest Place in South Beach

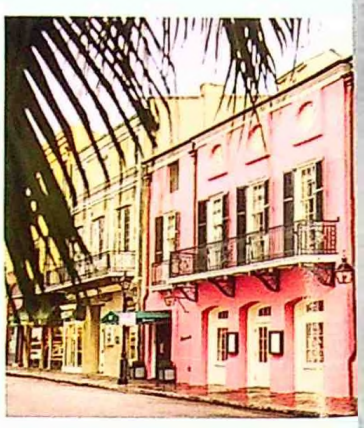
Sunny days are practically guaranteed at The Goodtime Hotel

If Pharrell Williams' upbeat soul number "Happy" were transformed into a boutique stay, it would probably look something like The Goodtime Hotel. Co-owned by Williams and hospitality pro David Grutman, it was designed by legendary decorator Ken Fulk. The fun-loving, sherbet-hued addition to the Miami hotel scene features clever details at every turn. Guests can relax in scalloped cabanas by the pool or settle in next to a cockatoo-shaped rattan lamp in the cheery coral library. But even more thoughtful than its confection-like interiors is the hotel's inclusive approach to hospitality: Hearing-accessible rooms have visual doorbells and strobe light alarms, and rooms with roll-in showers allow for easier mobility. Rates start at $169. *thegoodtimehotel.com*

Summer Style Find

Pretty Sun Protection Elevate your pool-day look and shield your skin from strong rays with a woven hat. Snag one from Texas-based brand Sunshine Tienda (owned by sisters Laura and Amanda Ernst), which partners with female artisans in Guatemala. Pastel Palm Sun Hat, $89; *sunshinetienda.com*

Celebrating Southern Icons



Brennan's Restaurant New Orleans' beloved pink eatery turns 75 this year. Known for its over-the-top breakfast and credited for the creation of the bananas Foster dessert, this family-owned French Quarter restaurant honors Creole food traditions in a fabulously festive atmosphere.

Crystal Bridges Museum of American Art This fall marks the 10th anniversary of the world-class Arkansas cultural center. "Crystal Bridges at 10," an immersive exhibition that runs from July 11 to September 27, highlights favorites from the collection as well as local artists.

by BETSY CRIBB

REFRESHED

AND READY TO TAKE ON YOUR DAY

Get up to 12 hours of protection with Depend® Night Defense® featuring DryShield™ Technology for a comfortable night's sleep.

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BLUE
TREAT UP AMERICA!
Meaty Bacon-Style Rewards
Made with real pork for their best behavior

Woof!
LOVE them like family.
TREAT them like family.™

New Dinnertime Destinations

Three meals worth traveling for

NOLA Heads North Popular New Orleans chef Kristen Essig recently made the move to Washington, D.C., and she brought a little bit of Louisiana with her. At Dauphine's, a new restaurant celebrating seafood and the *boucherie* (French for "butcher shop"), Essig aims to respectfully pay homage to Creole and Cajun cuisine while incorporating fresh ingredients that are more readily available in the Mid-Atlantic, like soft-shell crabs and cold-water fish. *dauphinesdc.com*

A Model Citizen Alys Beach, a sun-bleached treasure on Florida's State 30A, is now home to an elegant new seafood spot. Opened this past winter in the heart of town, maritime-inspired The Citizen serves oysters plucked from coastal Alabama and Florida and shrimp and tuna pulled straight from the Gulf. Sit at the raw bar for a view of the kitchen action, and don't miss their Chilled Seafood Tower if you're surf obsessed. *citizenalys.com*

Inventive Hotel Dining Set to open this summer, the Four Seasons Hotel New Orleans plays host to Miss River, the latest venture from chef Alon Shaya. Here, the Israeli-American restaurateur revels in the flavors and ingredients of the lively city he's called home for around 20 years. *missrivernola.com*

Our Promise to Blue Is Our Promise to You

What started as a simple promise to feed an Airedale named Blue like one of the family has turned into the #1 natural pet food company. And while a lot has changed, one thing has always remained the same at Blue Buffalo – a commitment to making the best pet food possible with ingredients you'll feel good about feeding.

BlueBuffaloStory.com

BLUE

Love them like family.
Feed them like family.®

Is it possible to feel butterflies over a home you've had for years?

What if your home could realize its potential? To be the most beautiful, boldest version of itself. What if your home could wow the entire block? It's Possible™ with the endless designs, colors, and textures of exterior solutions by James Hardie.

Explore what's possible at **jameshardie.com**.

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RENOVATION

Dock of the Bay

Birmingham designer Mary Lauren McBride transformed an outdated Fairhope, Alabama, rental into a welcoming waterfront retreat

BY ELIZABETH HUTCHISON HICKLIN

Shoreline Seating
This coastal getaway offers a front-row ticket for sunsets over the water.

ographs by LAUREY W. GLENN

EYLEA®
(aflibercept) Injection

WET AGE-RELATED MACULAR DEGENERATION (WET AMD)

KEEP LIVING LIFE THROUGH YOUR EYES

TAKE CONTROL OF YOUR SIGHT WITH EYLEA.

If Wet AMD has impacted your eyes—and how you see life—fight back with EYLEA.

- EYLEA is **clinically proven to help improve vision**—which may help you read letters and see details more clearly
- EYLEA helped **maintain vision improvements for up to 4 years** with continued treatments in a clinical study

ASK A RETINA SPECIALIST ABOUT EYLEA.

INDICATIONS

EYLEA® (aflibercept) Injection 2 mg (0.05 mL) is a prescription medicine approved for the treatment of patients with Wet Age-related Macular Degeneration (AMD), Macular Edema following Retinal Vein Occlusion (RVO), Diabetic Macular Edema (DME), and Diabetic Retinopathy (DR).

IMPORTANT SAFETY INFORMATION

EYLEA® (aflibercept) Injection is a prescription medicine administered by injection into the eye. You should not use EYLEA if you have an infection in or around the eye, eye pain or redness, or known allergies to any of the ingredients in EYLEA, including aflibercept.

Injections into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA.

In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your doctor may monitor this after each injection.

There is a potential but rare risk of serious and sometimes fatal side effects, related to blood clots, leading to heart attack or stroke in patients receiving EYLEA.

#1 FDA-APPROVED treatment in its class for patients with Wet AMD*

The most common side effects reported in patients receiving EYLEA were increased redness in the eye, eye pain, cataract, vitreous (gel-like substance) detachment, vitreous floaters, moving spots in the field of vision, and increased pressure in the eye.

You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently.

Contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

For additional safety information, please talk to your doctor and see the full Prescribing Information for EYLEA.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Consumer Brief Summary on the adjacent page.

*IIBM Truven MarketScan data: Number of injections administered, from Q4 2018 through Q3 2019; Data on File.

VISIT EYLEA.COM

12/2020
EYL.20.11.0086

EYLEA®
(aflibercept) Injection (Pronounced: eye•lee•ah)

Consumer Brief Summary

This summary contains risk and safety information for patients about EYLEA. It does not include all the information about EYLEA and does not take the place of talking to your eye doctor about your medical condition or treatment.

What is EYLEA?

EYLEA is a prescription medicine that works by blocking vascular endothelial growth factor (VEGF). VEGF can cause fluid to leak into the macula (the light-sensitive tissue at the back of the eye responsible for sharp central vision). Blocking VEGF helps reduce fluid from leaking into the macula.

What is EYLEA used for?

EYLEA is indicated for the treatment of patients with:

- Neovascular (Wet) Age-Related Macular Degeneration (AMD)
- Macular Edema Following Retinal Vein Occlusion (RVO)
- Diabetic Macular Edema (DME)
- Diabetic Retinopathy (DR)

How is EYLEA given?

EYLEA is an injection administered by your eye doctor into the eye. Depending on your condition, EYLEA injections are given on different schedules. Consult with your eye doctor to confirm which EYLEA schedule is appropriate for you.

Who should not use EYLEA?

Do not use EYLEA if you have an infection in or around the eye, eye pain or redness, inflammation in the eye, or are allergic to aflibercept and/or any other ingredients in EYLEA.

What is the most important information I should know about EYLEA?

- EYLEA must only be administered by a qualified eye doctor. Injection into the eye with EYLEA can result in an infection in the eye and retinal detachment (separation of retina from back of the eye) can occur. Inflammation in the eye has been reported with the use of EYLEA. If your eye becomes red, sensitive to light, painful, or develops a change in vision, seek immediate care from an eye doctor
- In some patients, injections with EYLEA may cause a temporary increase in eye pressure within 1 hour of the injection. Sustained increases in eye pressure have been reported with repeated injections, and your eye doctor may monitor this after each injection
- There is a potential but rare risk of serious and sometimes fatal side effects related to blood clots, leading to heart attack or stroke in patients receiving EYLEA
- Serious side effects related to the injection procedure with EYLEA are rare but can occur including infection inside the eye and retinal detachment
- You may experience temporary visual changes after an EYLEA injection and associated eye exams; do not drive or use machinery until your vision recovers sufficiently
- Because EYLEA is composed of large molecules, your body may react to it; therefore, there is a potential for an immune response (allergy-like) in patients treated with EYLEA

What are possible side effects of EYLEA?

EYLEA can cause serious side effects, including

- **See important safety information listed under "What is the most important information I should know about EYLEA?"**

The most common side effects include

- Increased redness in the eye
- Eye pain
- Cataract
- Vitreous (gel-like substance) detachment
- Vitreous floaters
- Moving spots in the field of vision
- Increased pressure in the eye

There are other possible side effects of EYLEA. For more information, ask your eye doctor.

It is important that you contact your doctor right away if you think you might be experiencing any side effects, including eye pain or redness, light sensitivity, or blurring of vision, after an injection.

You are encouraged to report negative side effects of prescription drug to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I tell my eye doctor before receiving EYLEA?

- Tell your eye doctor if you have any medical conditions
- Tell your eye doctor if you are pregnant or are planning to become pregna It is not known if EYLEA may harm your unborn baby
- Tell your eye doctor if you are breastfeeding. It is not known if EYLEA may harm your baby. You and your eye doctor should decide whether you sho be treated with EYLEA or breastfeed, but you should not do both

How is EYLEA supplied?

EYLEA is supplied in a clear, colorless to pale yellow solution. It is provided in a pre-filled glass syringe or glass vial containing the amount of product required f a single injection into the eye, which is 0.05 mL (or 2 mg of the medicine produc

Where can I learn more about EYLEA?

For a more comprehensive review of EYLEA safety and risk information, talk to y health care provider and see the full Prescribing Information at EYLEA.com.

REGENERON

Manufactured by:
Regeneron Pharmaceuticals, Inc.
777 Old Saw Mill River Road
Tarrytown, NY 10591

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Issue Date: November 2020
Initial U.S. Approval: 2011
based on the August 2019 EYLEA® (aflibercept) injection full Prescribing information.

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EYL.20.106.

CLASSIC PALETTE
The shutters are in Sherwin-Williams' Sea Salt (SW 6204), and the siding is in Benjamin Moore's Swiss Coffee (OC-45).

Take Design Cues from the Landscape

"When people are here, we want them to soak in the beauty all around them," McBride says. "The setting is amazing, and the interiors play off that." Natural fibers, grasses, textured fabrics, and a subtle palette of calming blues, greens, and earth tones reflect the surroundings without feeling cliché.

WHEN LOGAN AND DREW Mouron decided to turn their family's annual Fourth of July trip to the Grand Hotel Golf Resort & Spa near Fairhope, Alabama, into a month-long Mobile Bay escape, they didn't plan on returning as homeowners. For one thing, houses within walking distance of the landmark hotel rarely went up for sale. "It's kind of unheard of," says Logan, who grew up in nearby Mobile. But the owner of the waterfront cottage she booked via Vrbo, who turned out to be her childhood next-door neighbor, was looking to sell. The Mourons jumped to make an offer. "[The house] was a bit outdated," she admits, "but it had great bones and lots of potential."

To help revitalize the home without sacrificing any of its laid-back coastal charm, Logan turned to her friend Mary Lauren McBride, a Birmingham-based interior designer. "We stayed in the house for a weekend before starting renovations just to get the lay of the land," McBride says. In the end, they preserved the 2,440-square-foot home's original footprint but reworked the layout to meet the everyday needs of a modern family with three young boys. Steal their design ideas for waterside living.

Fine-Tune the Details

"Lighting from The Urban Electric Company gives the home a little bit of edge," McBride says. "We also used some fabric shades and high-gloss fixtures. We just took a few more risks—doing things differently than we might have in a primary residence—and it really set the tone for the rest of the house."

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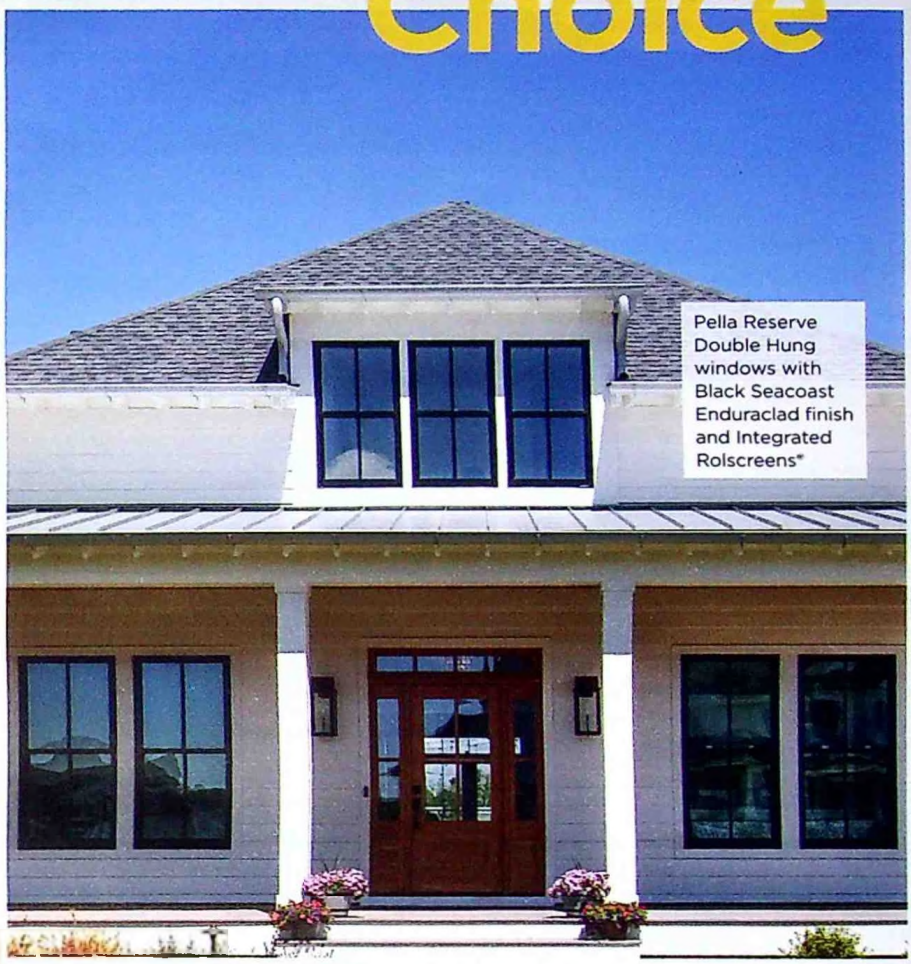
THE Builder's Choice

Southern Living
custom builder program

Kathleen and John Leebel, owners of The Lewes Building Co., have been members of the Southern Living Custom Builder Program for over a decade. Find out why they choose Pella not only for the high-quality, custom homes they build at the Delaware beaches, but for their own, personal abode.



Pella Reserve Double Hung windows with Black Seacoast Enduraclad finish and Integrated Rolscreens®

PHOTOGRAPHER: CHRIS ELLENBOGEN, STYLIST: KRISTI HUNTER

What made Pella the right choice for your personal home?

As a custom home builder, quality craftsmanship is paramount. When it was time to select windows for our personal home, we wanted not only an efficient window with a great warranty that could stand up to the conditions of our harsh coastal environment, but windows that would add to our home's curb appeal.

Pella Lifestyle Series Casements with pre-finish Bright White Interiors and two Rolscreens®

Why did you choose Pella® Reserve™ for the front of your home and Lifestyle Series for the sides and rear?

Pella Reserve comes in a variety of colors, glass, grille patterns and sizes. Having the flexibility to use two different grille styles on the exterior and interior allowed us to marry the **Pella Lifestyle Series** on the sides of our home with **Pella Reserve** on the front. The **Lifestyle Series** windows are also extremely energy-efficient and offer significant sound reduction.

What other Pella products do you love?

Pella's Integrated Rolscreen® feature is one of the options we absolutely love about Pella windows. The sleek design allows the screen to retract into the bottom of the window sash, giving you a clear view whenever you want it. As an added benefit, it also saves us from having to clean screens!

Any final advice for homeowners?

Window selection is one of the most important decisions in the home building process. The right window can enhance your curb appeal exponentially. With Pella, you not only have a variety of beautiful colors to choose from, you can also really get down into the details to create the perfect look for your unique home.

Pella®

Play Up the Setting

Capitalizing on the incredible bay view was a priority for the Mourons from the outset. McBride expanded the existing back porch and installed a trio of French doors across the back of the hybrid den-kitchen-living space to create the illusion of a much larger room. A pair of upholstered chairs, where Drew and Logan enjoy their morning coffee, make the covered porch feel extra comfy, like an extension of the den.

Carve Out Personal Space

With the large shared living area and kitchen dominating the floor plan, it was important to create secluded pockets for the family and guests. McBride added jib doors and private hallways off the entry that allow the Mourons to close off the boys' bunk room, the two guest rooms, and the main bedroom.

imagine®

loving your garage door

A garage door can improve the look of your whole house by complementing its architecture and reflecting your personal style. Clopay has doors in a wide variety of styles and finishes, so you can find the perfect statement piece to increase the curb appeal of your home.

See more garage door inspiration in the Clopay LookBook.

Download Clopay's 2021 LookBook

Clopay®

America's Favorite Garage Doors®

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Don't Be Afraid To Break with Trends

"We wanted to do something other than painted cabinets," says McBride, who took inspiration from the cottage's light hardwood floors when she settled on the revamped kitchen's slightly more contemporary white oak cabinets. A local craftsperson built and stained them a honey-blond hue that complements the floors. Light walls, casement windows, and a vaulted ceiling strike just the right balance and keep the space bright.

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

DUPIXENT may help provide:

- Clearer skin
- Noticeably less itch

DUPIXENT is:

- Not an immunosuppressant
- Not a cream or steroid

JOLIE, REAL PATIENT
Individual results may vary.

HELP HEAL YOUR SKIN FROM WITHIN

DUPIXENT® (dupilumab) Injection
200mg · 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME · REGENERON

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DUP.21.03.0174

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A $0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

*THIS IS NOT INSURANCE. Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of $13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: January 2021

DUP.21.03.0281

Embrace that Old-Home Soul

A deft mix of art and vintage furniture placed alongside new custom buys lends the home an immediate sense of history and personality. "I love the oversize photograph of the shrimp boats in the foyer, and there's a fabulous abstract piece that we had commissioned for the dining room," McBride says of the art collection. "We used a lot of textural fabrics to give the layered, lived-in feel of an older family home."

LIFE ON THE WATER
"Most of the time, we turn the air conditioner off and just throw open the doors," Logan says.

Lean into the Lifestyle

"Logan has three young sons, a dog, and a husband who loves to fish," McBride says. Taking all that into account, she carefully considered the fabrics, finishes, and other soft goods she used throughout the house (like in the boys' bunk room). "Everything is meant to be lived on," she says. "It's easy to clean, so nobody is stressed out when someone tracks in dirt."

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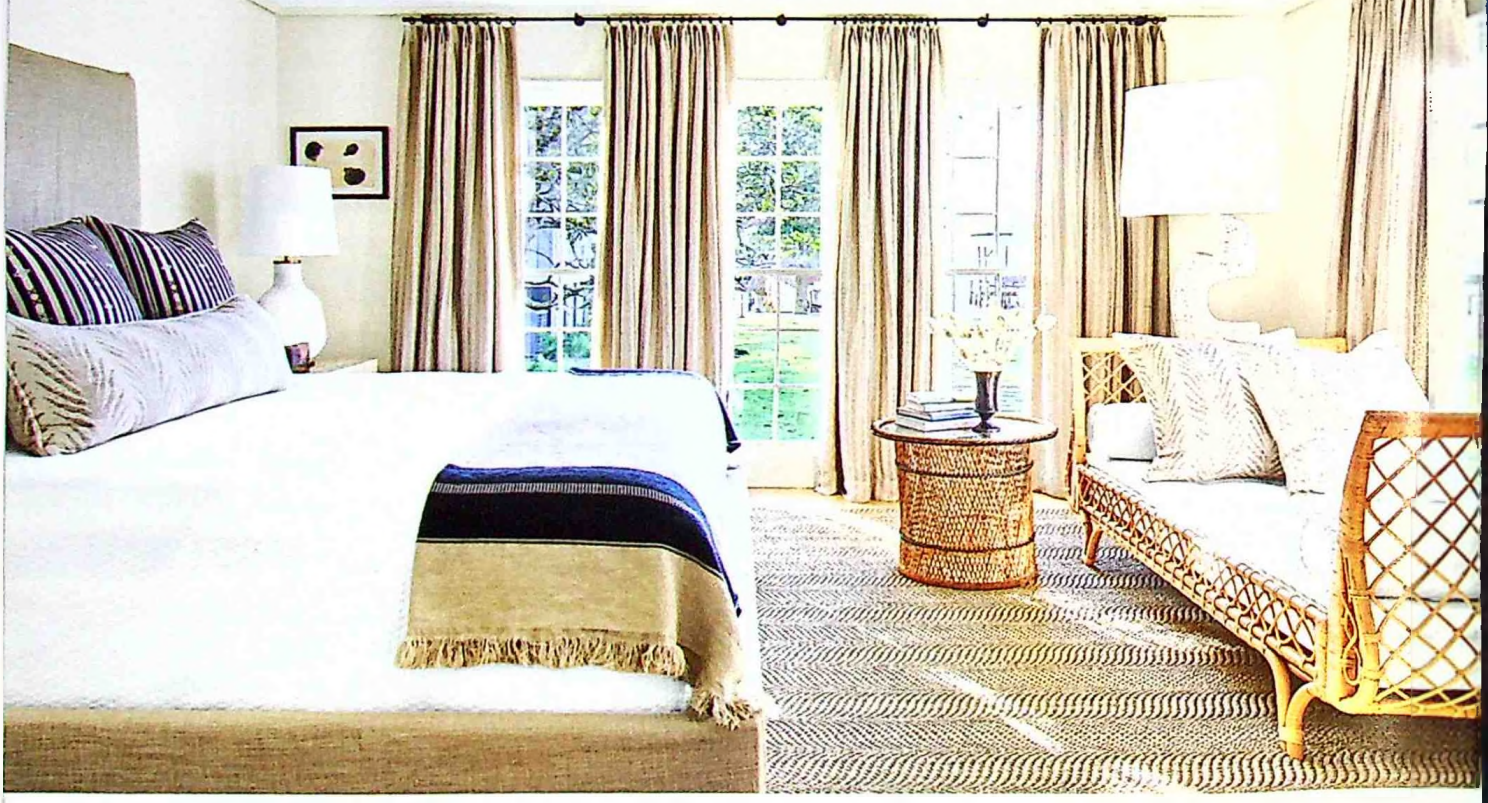
Add a Touch of Whimsy

After modernizing the outdated guest bath with new polished nickel fixtures, a clean-lined contemporary shower, and custom floating cabinets, McBride pushed Logan to have a little fun with the space. "I love using wallpapers in small baths to add depth," McBride says. "It's not a huge investment and gives so much character. I feel like these spaces should be memorable."



ROOM TO RETREAT
"It's a cottage, but it really does live large," says McBride. "That you're able to have privacy, too, is a cool feature."

Remember that Bigger Isn't Always Better

Housing two queen beds and a twin plus an excess of unused square footage, the Mourons' bedroom was little more than a glorified sleeping porch when they bought the aging former rental. "I think the space was missing a purpose," says McBride, who decreased the size of the bedroom to give the couple "a true en suite" setup with a large walk-in closet, a resort-style bath, and a view of Mobile Bay from nearly every corner. "You are truly forced to relax here," McBride says.

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Great Escape

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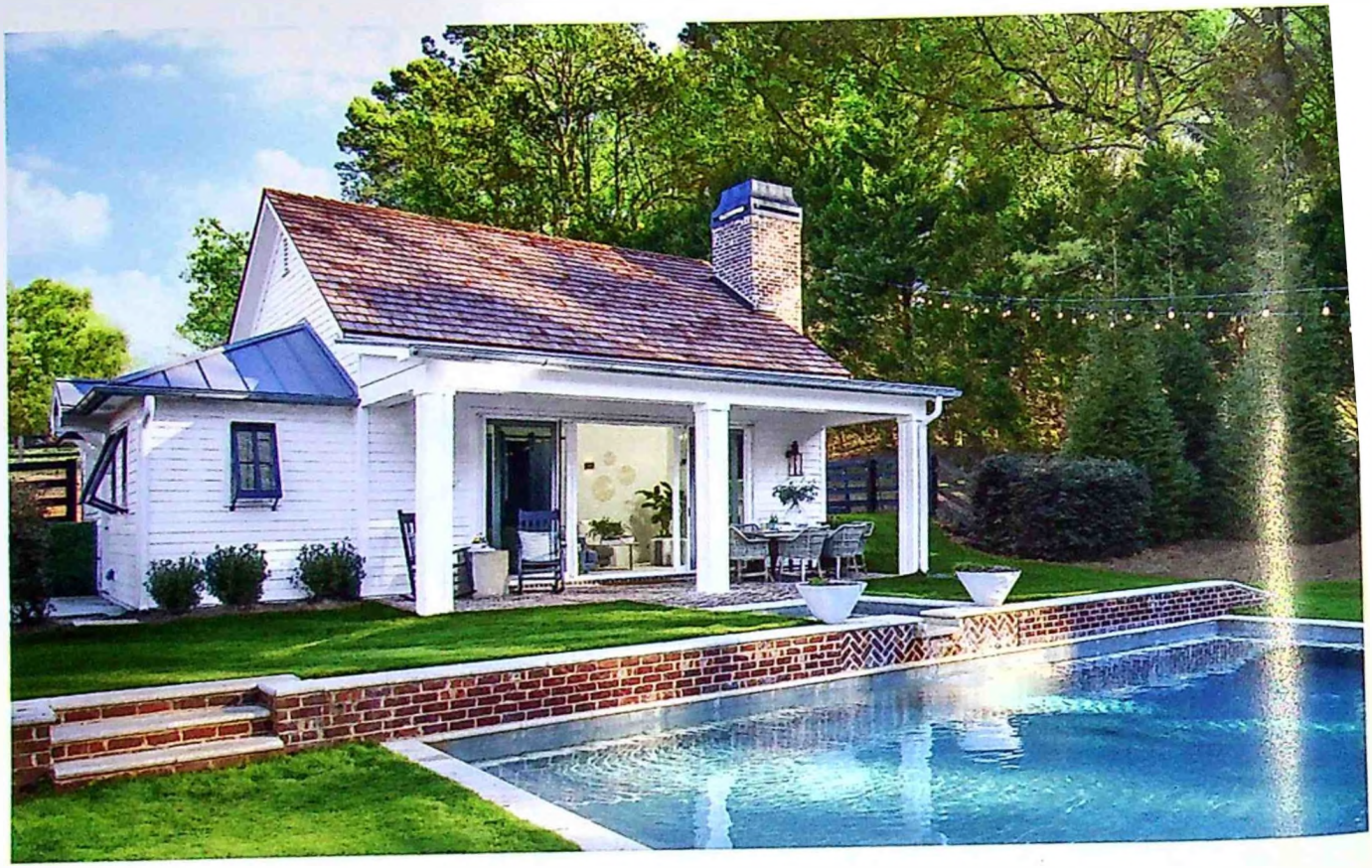

Buy the Plan
Purchase this house plan or consider hundreds more at *houseplans.southernliving.com.*

THE BEAUTY OF this plan is its flexibility. Turn this cottage into a pool house, guest quarters, home office, and more. "We took the Lowcountry style of our main home and developed a structure that looked like its little sister," says *Southern Living* Custom Builder Randy Schiltz of t-Olive Properties, who collaborated with residential designer Al Causey of The Village Studio to draw up this retreat. "It's a place where you can live, play, and entertain," says Causey. Tall sliding glass doors facilitate indoor-outdoor living, helping to draw people onto the front porch for poolside hangouts. With a full kitchen and private bath, this practical 891-square-foot plan can also serve as an independent dwelling for aging parents or adult children returning home.

Plan Designer The Village Studio **Name** Backyard Retreat
Size 891 square feet **Plan** SL-2061

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"Wow! You scored a signed poster of Grumpy, Emily! I only got one from Taylor Swift."

BY STEVE BENDER

DEAR GRUMPY

My 14-year-old daughter, Emily, steals my *Southern Living* so she can read your column. She read *The Grumpy Gardener* book from cover to cover and has a question for you: "My friend has a pretty purple salvia bush. She planted a cutting of it, but when it bloomed, the flowers were white. Why?" —CARRIE

Hi, Emily! The fact that you read my book in its entirety tells me for certain that you are destined for greatness. Plants commonly develop stems with leaves or flowers that are colored differently from those of the mother plant. Horticulturists call these mutations "sports." My guess is that the white-flowering salvia your friend grew from her purple cutting is just that—a sport. And so are you, Emily!

Squash That Borer

I live in Murrells Inlet, South Carolina. The main stem of my zucchini plant is cracked, and the leaves are turning yellow. Is there a remedy, or should I give up?
—RONATTA

Give up? Never. There's a sneaky little pest afoot, and it's up to you to give him his comeuppance! Use a knife to laterally slice open the cracked stem. I'll bet you'll find an ugly white borer (the larva of a moth) in there. It hollows out the stem and makes it wilt. Remove the borer, and squash it. Cover over the sliced stem with soil, and maybe it will heal. No guarantees, of course, but it's worth a try. To keep borers from returning, spray the stems according to label directions with a natural insecticide called spinosad.

Pine Straw Slander

I read that pine straw is too acidic to use as a mulch for daylilies. What else would you recommend?
—PAM

That is ridiculous! Pine straw makes a wonderful mulch for many plants, including daylilies. Feel free to use it.

To Plant or Not To Plant

A friend gave me two balloon flowers yesterday. I've never planted them this late in the

Illustration by JONATHAN BROWN

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summer. Should I keep them in pots or put them in the ground? And while we're at it, do these plants prefer sun or shade?
—SUSAN

Susan, you have just gotten one of Grumpy's favorite perennials. Balloon flower *(Platycodon grandiflorus)* gets its name from the blue, white, or pink blooms that swell up like colorful balloons before they open. You should plant them in the ground now in full sun. Just remember to mark where you put them, because they are among the last perennials to sprout in spring and you don't want to accidentally dig them up.

Tripping the Scales

I have recurring scales on my sasanquas, palms, and Japanese magnolias. I've sprayed and sprayed but cannot get rid of them. Please advise me what to do.
—SUSAN

Scales are insects that build shells atop themselves and hide beneath them, sucking sap from the plant. Regular insecticides can't reach them, so it's futile to spray with those products. Instead, use a systemic insecticide that the plant absorbs, such as BioAdvanced 12 Month Tree & Shrub Insect Control, following the directions on the label.

GRUMPY'S GRIPE
of the month

MY MOTHER TAUGHT me to love all things bright and beautiful, large and small. That lesson appears to have been lost on my friend, garden designer Jay Sifford. Glass spears, huge round boulders, *Star Trek* portals, contorted weeping conifers, and scarlet bamboo poles adorn his gardens in Charlotte, yet he refuses to incorporate friendly, happy gnomes. In fact, he says he "hates" them. How can anyone hate gnomes? Their red hats. Their fluffy white beards. Their colorful coats. Their squat, stocky frames. Their jovial expressions! Every garden needs at least two or three. So to Mr. Sifford, I say, "Get to gnome me. Hang with my gnomies! There's no face like gnome..."

'Cape Hatteras' Hydrangea

Singing the hydrangea blues? This new one will have you seeing red

Think there's nothing new going on with bigleaf—aka French—hydrangeas *(Hydrangea macrophylla)*? Oh, you are so wrong. 'Cape Hatteras,' which is a selection in Monrovia's Seaside Serenade series, is a groundbreaker. First, its spectacular summer flowers aren't blue, pink, or white. They're ruby red and remain that color no matter the pH of the soil. Second, this plant is tetraploid, meaning it has twice the normal number of chromosomes. This results in long-lasting, repeat-blooming flowers of great substance held upright by short, thick stems on a compact shrub that grows 3 feet tall and wide. Give it moist, fertile, well-drained soil and partial sun in USDA Zones 4 to 9. *—Steve Bender*

Illustration by KENDYLL HILLEGAS

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The 2021 *Southern Living* Pet Awards

Our editors reveal their all-time favorite products for living, playing, and traveling with their dogs and cats

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HAVE A SEAT
Zoey, a corgi, feels right at home in her Pepper x Dogwood Painted Basket Bundle bed by Dogwood.

photograph by ROBBIE CAPONETTO

Grooming Go-Tos

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(1) Fresh Breath Oral Care Spray for Dogs; *tropiclean.com* for retailers **(2) Burt's Bees for Puppies Tearless Shampoo with Buttermilk,** $11; *chewy.com* **(3) Pro Grooming Tool,** $45; *aquapaw.com* **(4) FURminator Short Hair deShedding Tool for Medium Dogs,** $39; *petco.com* **(5) Groomer's Best Slicker Brush for Cats;** *hartz.com* for retailers **(6) Waterless No-Rinse Dog Shampoo,** $7; *wahlusa.com* **(7) Gloves,** $25; *handsongloves.com* **(8) Dexas Popware for Pets Dexas MudBuster Portable Dog Paw Cleaner,** from $15 each; *chewy.com* **(9) Kong Cat ZoomGroom Brush,** $10 each; *petco.com* **(10) Ear Wipes with Aloe Vera and Eucalyptus for Dogs,** $13; *petmdstore.com*

Housekeeping Heroes

Hardworking tools to ensure pesky messes (hair, odors, and stains—oh my!) are kept at bay

(1) Pet Stain & Odor Remover, from $15; *skoutshonor.com* **(2) FURemover Broom,** $12; *amazon.com* **(3) Grip-Tight Quilted Throw,** from $98; *orvis.com* **(4) Fun Feeder Slo-Bowl Medium/Mini,** $15 each; *outwardhound.com* **(5) Ball Animal 2 vacuum cleaner,** $500; *dyson.com* **(6) Tidy Cats Breeze Litter Box System,** $33; *chewy.com* **(7) ChomChom Roller pet hair remover,** $25; *chomchomroller.com* **(8) Pet & Lint Brush,** $63; *thelaundress.com* **(9) Little Green Portable Carpet Cleaner,** $110; *bissell.com*

Playtime Picks

Rough-and-tumble toys for sniffing, scratching, chewing, or fetching

(1) Puppy Smart Dog Game, $15; *outwardhound.com* **(2) Skipper Rope Dog Toy,** $14; *harrybarker.com* **(3) Power Chew Durable Dog Chew Toy;** *nylabone.com* for retailers **(4) Kong Extreme Ball,** from $11; *chewy.com* **(5) Turbo Catnip Pouch & Scratcher Cat Toy,** $20; *chewy.com* **(6) Skinny Peltz,** $16/set of three; *zippypaws.com* **(7) Frisco 21-In. Sisal Cat Scratching Post with Toy,** $13; *chewy.com* **(8) Chuckit! Classic Ball Launcher,** $13; *amazon.com* **(9) Organic Cotton Cat Balls,** $15/set of three; *purrfectplay.com* **(10) Mouse Felt Cat Toy,** $7 each; *thefoggydog.com*

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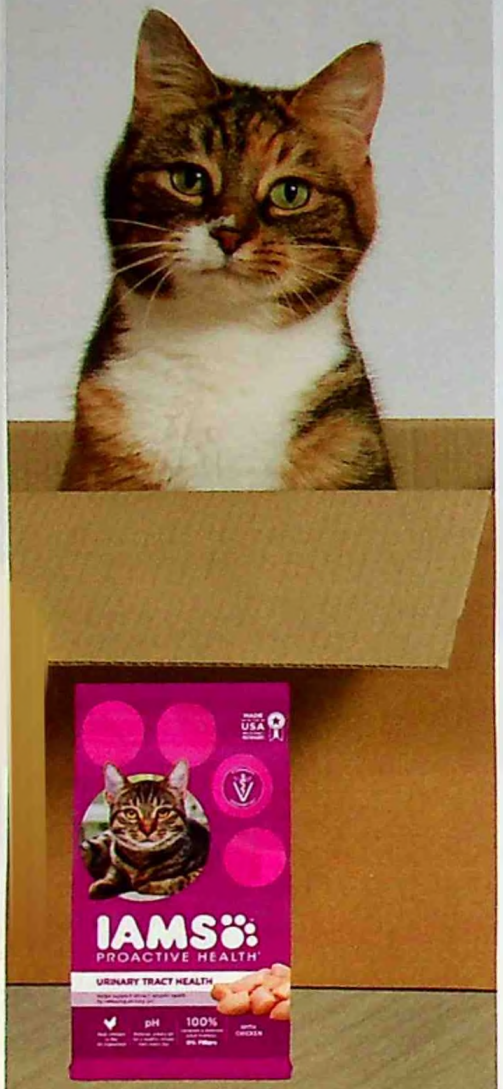

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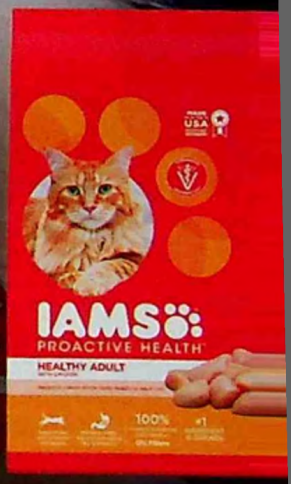

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HOME SCHOOL

LESSONS IN SOUTHERN DECORATING

The Green Clean

Three sustainable swaps for an earth-friendly home

1 Ditch the Disposables
Aside from their inevitable landfill fate, single-use products such as paper towels are often laced with things like bleach. Reduce your use by investing in a set of washable cleaning cloths. As for the stinky sponge? Try a bristle brush instead.

2 Raid the Fridge
Whip up an all-natural cleaner with kitchen staples. Lemon juice, with its antibacterial acidity, can be used to polish everything from glass to cutting boards. Mixed with baking soda, it becomes a scrub for tackling your toughest stains.

3 Go Au Naturel
Instead of infusing your space with all kinds of faux fragrances (which can host chemicals), go straight to the source. Channel the sweet scent of fall by simmering orange peels and a couple of cinnamon sticks. Or for another aroma, try stems of eucalyptus.

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Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

The South

An Artist at Work Lucy's head barkeep, Neil Cooper, was named Alabama Bartender of the Year in 2020.

CITY ON THE RISE

Auburn's Winning Food Scene

Built on football, this SEC stronghold is quickly becoming a culinary powerhouse

BY TARA MASSOULEH MCCAY

photographs by ROBBIE CAPONETTO

A World of Flavor
(From left) Have your vermicelli rice noodles at Pho Lee with grilled pork, chicken, shrimp, tofu, or sautéed lemongrass beef. David Bancroft's menu at Bow & Arrow honors his two homes, Alabama and Texas. Bancroft swears by the brunch at Lucy's, a fresh and modern bistro.

NOT SO LONG ago, Auburn, Alabama, wasn't high on anyone's list of food cities, even though its deep agricultural roots gave it plenty of fertile ground for farm-to-table cooking. Making a change meant plowing under a student-first model, heavy on fast food, and planting seeds for a well-rounded culinary landscape. Now the community honors homegrown produce from Alabama farmers and fresh seafood from the Gulf while embracing the cuisines of international transplants who've found a home here.

The secret to Auburn's transformation can be found in the community's mantra: A rising tide lifts all boats. You will hear it repeated in conversation after conversation with the restaurateurs and chefs of Auburn's most successful enterprises.

But would that sentiment hold when push came to shove? The push came in 2020, when COVID-19 forced temporary closures, but the reaction from the restaurant community was far from a shove. Instead of jockeying for position amid a dwindling audience, owners banded together, sharing their survival strategies and organizing meals for health-care workers.

That spirit of togetherness has allowed Auburn to triple its number of restaurants and add several chefs with local ties to the list of James Beard Award nominees and semifinalists. Yes, you will still find your fair share of chicken-tender joints, but you're just as likely to discover slow-simmered pho, Texas-style brisket, and hand-stuffed bao. With Auburn University debuting a multidisciplinary, world-class culinary school in the fall of 2022, no doubt the best is yet to come.

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Neighborhood Favorites
(From left) Central Italian cooking takes center stage at Ariccia Cucina Italiana, which makes a rich Rigatoni Bolognese. Taste the flavors of Southeast Asia at Savanh Thai Kitchen.

HUMBLE BEGINNINGS

It's impossible to tell the story of Auburn food without David Bancroft. In 2004 as a college senior, he dipped his toe into the culinary arts as a prep cook at Amsterdam Cafe. A little over a year later, he dove in completely and became the restaurant's executive chef. Over the next six years, he breathed new life into the restaurant, introducing the creative farm-to-table cuisine that he's known for today. Locals came out in droves for his specials featuring ostrich and emu paired with fresh produce he planted just outside the restaurant's back doors. Prior to Bancroft's tenure at Amsterdam Cafe, it had also served as an incubator for future James Beard Award alums and Birmingham chefs Rob McDaniel (Helen) and Adam Evans (Automatic Seafood and Oysters).

By the time Bancroft, now a four-time James Beard Award semifinalist and *Iron Chef Showdown* winner, opened Acre on an acre of land in the historic downtown section of the city, the community was ready for the revolution he brought with instant classics like chicken-fried bacon and spiced Gulf red snapper served with apple-radish-fennel slaw and collard green spaetzle.

With its commitment to local purveyors, an impressive in-house charcuterie program, and a genetic clone of a Toomer's Corner oak tree planted out front, Acre is about as Auburn as it gets. Melding innovation with tradition, it's a microcosm of the greater Auburn-Opelika food community, where the nostalgia of fresh-squeezed lemonade, soft serve, and chili dogs from Toomer's Drugs and Mrs. Story's Dairy Bar coexists with contemporary fine dining and fast-casual fusion.

RISING STARS

Lisa van der Reijden opened the modern American eatery Lucy's in 2018 but says the light and bright California-style bistro wouldn't exist without Bancroft's trailblazing. Auburn simply wasn't ready for a sumac-roasted

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Higher Learning
(From top) The Tony & Libba Rane Culinary Science Center is set to open in fall 2022. Be sure to try the Peanut Butter Pie from Acre. Hans van der Reijden is the founder and CEO of Ithaka Hospitality Partners and spearheaded the new Rane Center at Auburn.

cauliflower entrée or an entire menu dedicated to internationally inspired gin and tonics. Van der Reijden says, "Chef David definitely laid the foundation, and we're all building upon it."

If she's a fan of Bancroft, the admiration is mutual. He contends that Lucy's offers the "best brunch on the face of the earth," admitting that even his kids prefer Lucy's giant pancakes to his own.

Van der Reijden remembers a time when she and her husband, Hans—another key player in Auburn's culinary scene—regularly drove to Montgomery for espresso because there was none to be found in town. Now Lucy's serves a house roast from Mama Mocha's Coffee Emporium, located just 3 miles away.

Joining Lucy's among the next generation of Auburn favorites is The Depot, a train station turned seafood brasserie that serves everything from briny oysters to buttery Maine lobster, and its landlocked counterpart The Hound, with its lodge-style dining room where bacon and bourbon rule. Order the Pail-O-Pork Rinds or their famous meatloaf made with two types of bacon.

Some other new spots to check out include Bow & Arrow (a second venture from Bancroft with a large menu that's inspired by the fusion cultures of his South Texas childhood) and Hawaiian-born chef Torrey Hall's Sword - Skillet, an upscale coastal food truck.

At Bow & Arrow, you'll find slow-smoked brisket and a jalapeño-Cheddar sausage commingling with borracho beans, fresh-made flour tortillas, and creamy enchiladas. Chef Hall uses Sword - Skillet to share his passion for Pacific cuisine, with Baja mahi-mahi tacos as well as his signature filet mignon sliders.

INTERNATIONAL APPEAL

There are far fewer than six degrees of separation among the members of Auburn's food family. Hall's wife is a first cousin to Whitley Dykes. Dykes and his wife, Kunyu Li, own The Irritable Bao, a Chinese dumpling-and-bao restaurant that swiftly achieved legendary status.

The Irritable Bao started as the food truck Dumps Like a Truck in 2017. Dykes and Li, who met and married in Li's native China, initially opened the truck attempting

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Breathtaking Science. Breath-Giving Medicine.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.* It's only 1 maintenance dose every 8 weeks† and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

*Results may vary.
†The first 3 doses are given on day 1, week 4, and week 8.

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.
Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:
- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:
- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.FDA.gov/medwatch** or call **1-800-FDA-1088.**

Please see Brief Summary of full Prescribing Information on following page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA.
Call your doctor for medical advice about side effects.
You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.
Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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For more information, visit **FASENRA.com**
Or call **1-800-236-9933**

Fasenra®
(benralizumab) Subcutaneous Injection 30 mg

AstraZeneca

Surf & Turf
(From left) The fare at Bow & Arrow is a tribute to the chef's Texas roots. Seared ahi with shrimp could be featured on the changing weekly menu at Sword + Skillet.

to create a sense of home for the international-student population Dykes worked with at Auburn Global (a university program aimed at helping ease the transition for students from abroad). The couple quickly realized that their pillow-like bao and tongue-in-cheek puns had much wider appeal.

"The fact that the lines went down the street—that was mind-blowing," Dykes says. "I never anticipated that, and now it's so customary that when it doesn't happen, I'm like 'Where is everyone?' "

Dykes credits much of The Irritable Bao's success to support from the area's restaurant community. Taqueria Durango, a street-style taco truck, kicked off the kindness by sharing their commissary kitchen with the newly opened truck. Then the Bancrofts came knocking.

"David and his wife, Christin, reached out to us and asked if we wanted to park outside their restaurant to serve our food on a day when they weren't even open," Dykes remembers. "They let our customers come into their restaurant and eat, and then they had their staff bus and clean everything. The level of kindness and humility that took was pretty special."

As The Irritable Bao grows its dedicated following with favorites like the Buffalo chicken bao and pork-and-cabbage wontons in homemade chili oil, they have committed to carrying the torch of camaraderie that Dykes says Bancroft lit so many years ago.

Case in point: The Irritable Bao's "collabaorations" feature a variety of bao fillings from other local eateries like chicken tikka masala from Good Karma and Bolognese from Ariccia Cucina Italiana, an Italian place where you can order the Porchetta di Ariccia. Chef Miguel Figueroa traveled all the way to porchetta's birthplace—the town in Italy for which his restaurant is named—to learn the secrets of the slow-roasted pork dish. His version is one of the Alabama Tourism Department's "100 Dishes to Eat in Alabama."

To complete the Auburn restaurant tour, stop by Pho Lee for Vietnamese cuisine. Then visit chef Phounsavan Malavong at Savanh Thai Kitchen to try her drunken noodles and Prik Pao.

FUTURE FAME

In the symbiotic relationship between college and city, Auburn University's Hospitality Management Program stands out. When the Tony & Libba Rane Culinary Science Center opens next fall, it will represent both the literal and figurative intersection of campus and community.

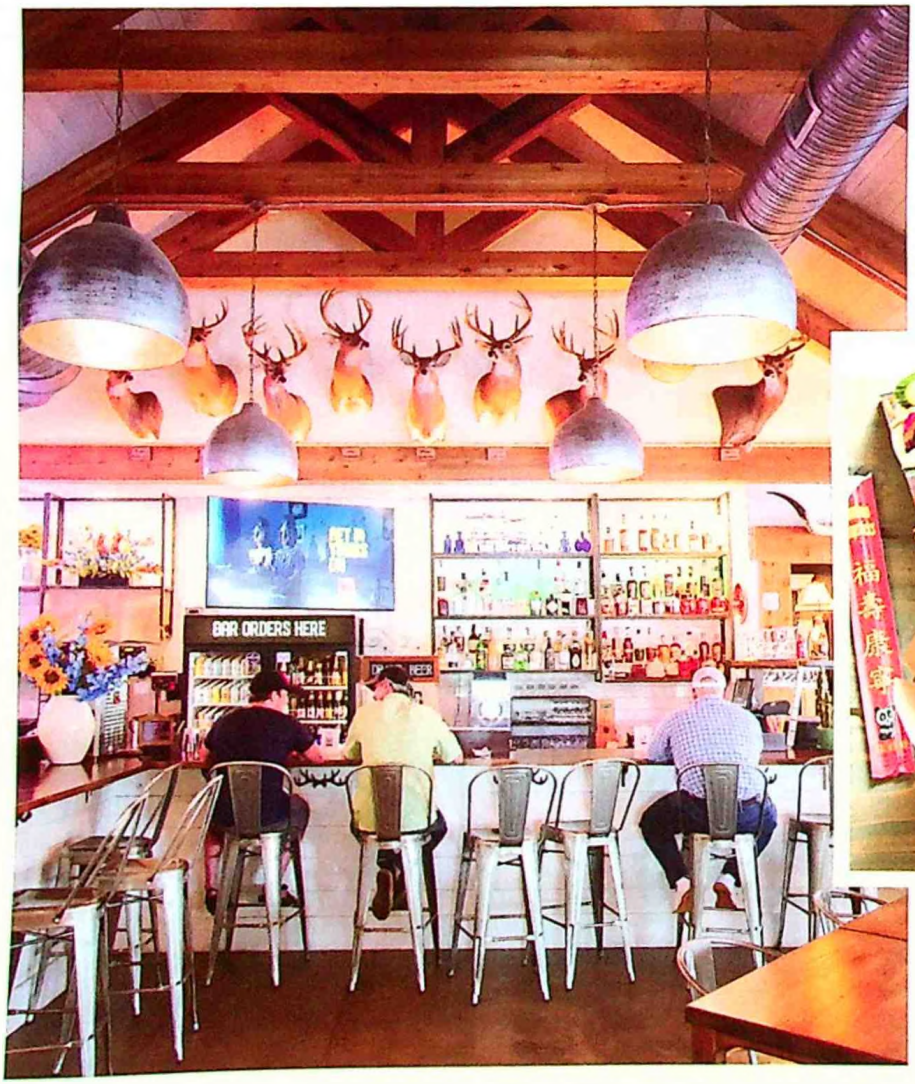
Continuing the university's long-standing relationship with Ithaka Hospitality Partners, the management group behind The Hotel at Auburn University, the Rane Center takes the hands-on teaching model at the hotel and kicks it up a few hundred notches.

More than 12 years ago, Ithaka CEO Hans van der Reijden launched this landmark project with discovery visits to some of the world's top culinary programs. "We saw excellence [everywhere] but only in one singular lane," he explains. "What we [did] was take all of these individual components and build a program where we could get everything that touches hospitality but do it at the highest level."

The 142,000-square-foot complex will house a luxury boutique hotel offering an open-to-the-public spa and rooftop bar. Also under its umbrella will be a coffee roastery and cafe, along with a microbrewery and tasting room, laboratories focused on distilled spirits and wine appreciation, a culinary-exhibition laboratory, media studio, and food hall. Its crowning glory will be 1856, a teaching restaurant set to feature a new dining concept each year from a nationally acclaimed chef in residence.

A real game changer for students, the new center will also serve the Auburn neighborhood at large. Locals and visitors will have access to the food hall's 8 to 10 concepts, including one serving Malaysian street noodles and another specializing in Western tortas. Meanwhile, 1856 will offer an affordable high-end tasting menu, and the center will host public cooking classes.

Van der Reijden says culinary centers inherently accelerate restaurant scenes both by attracting talent and building excitement for food. However, the real magic happens years later. "You'll start seeing graduates fly out, make names for themselves and then return home to open restaurants. You bring the world to them, and then they can, in turn, bring it back to Auburn," he says.



Southern Comfort
(From left) Bow & Arrow serves around 30 margaritas and other cocktails. Choose from an array of bao and steamed buns at The Irritable Bao.

Some establishments may experience COVID-19 closures

almost heaven

When autumn visits West Virginia, hues of red, orange and yellow decorate The Greenbrier, an 11,000-acre resort. Immerse yourself in this fall color while enjoying various indoor and outdoor activities, such as championship golf and off-road driving. Then, end a day of fall fun with award-winning cuisine and luxurious accommodations. This year, let Almost Heaven treat you to a fall season like no other at America's Resort.

WVtourism.com/Greenbrier

The Greenbrier. America's Resort | WEST VIRGINIA

Local's Guide

MID-ATLANTIC

We've Found Your Dream Resort

Check in and put away your car keys at Southern stays with something for everybody

BY CAROLANNE ROBERTS

Delaware

BETHANY BEACH

Bethany Beach Ocean Suites Residence Inn

Up and down the Delaware coast, towns are bustling with activity. Then there's Bethany Beach, which is family friendly, quieter, and more attuned to nature. At Bethany Beach Ocean Suites Residence Inn, the walk from room to sand is about 10 feet (or head to the rooftop indoor-outdoor saltwater pool). Enjoy local oysters and seafood at 99 Sea Level, or wander outdoors to the boardwalk, a mini version of the big ones elsewhere, for shops and food. Bonuses: Check out Delaware Seashore State Park to the north (for crabbing, surf fishing, and some super sunrises) and Fenwick Island State Park to the south (for swimming, fishing, and windsurfing). To book: *marriott.com/hotels*

Florida

KEY WEST

Casa Marina Key West

This property, owned by Waldorf Astoria, lives up to expectations, going strong after its 100th anniversary last year. It elegantly blends a Caribbean vibe with Spanish Renaissance design. The getaway has the area's largest private beach, extensive rum creations, rooms with lanais and pretty views, activities from water sports to sand sculpting, and easy access to all the Key West action. To book: *casamarinaresort.com*

LONGBOAT KEY

The Resort at Longboat Key Club

Golfers will appreciate that even the grass (on 45 holes) is pampered here. It's specially grown, salt tolerant, and velvety. Rooms are sparkling new thanks to a renovation that replaced the plumbing too. Also revamped is the resort's dining scene. The dishes are designed with cuisine profiles from warm-weather cultures around the world. The Banyan Poolside is new, too, and faces a stunning sunset. To book: *longboatkeyclub.com*

North Carolina

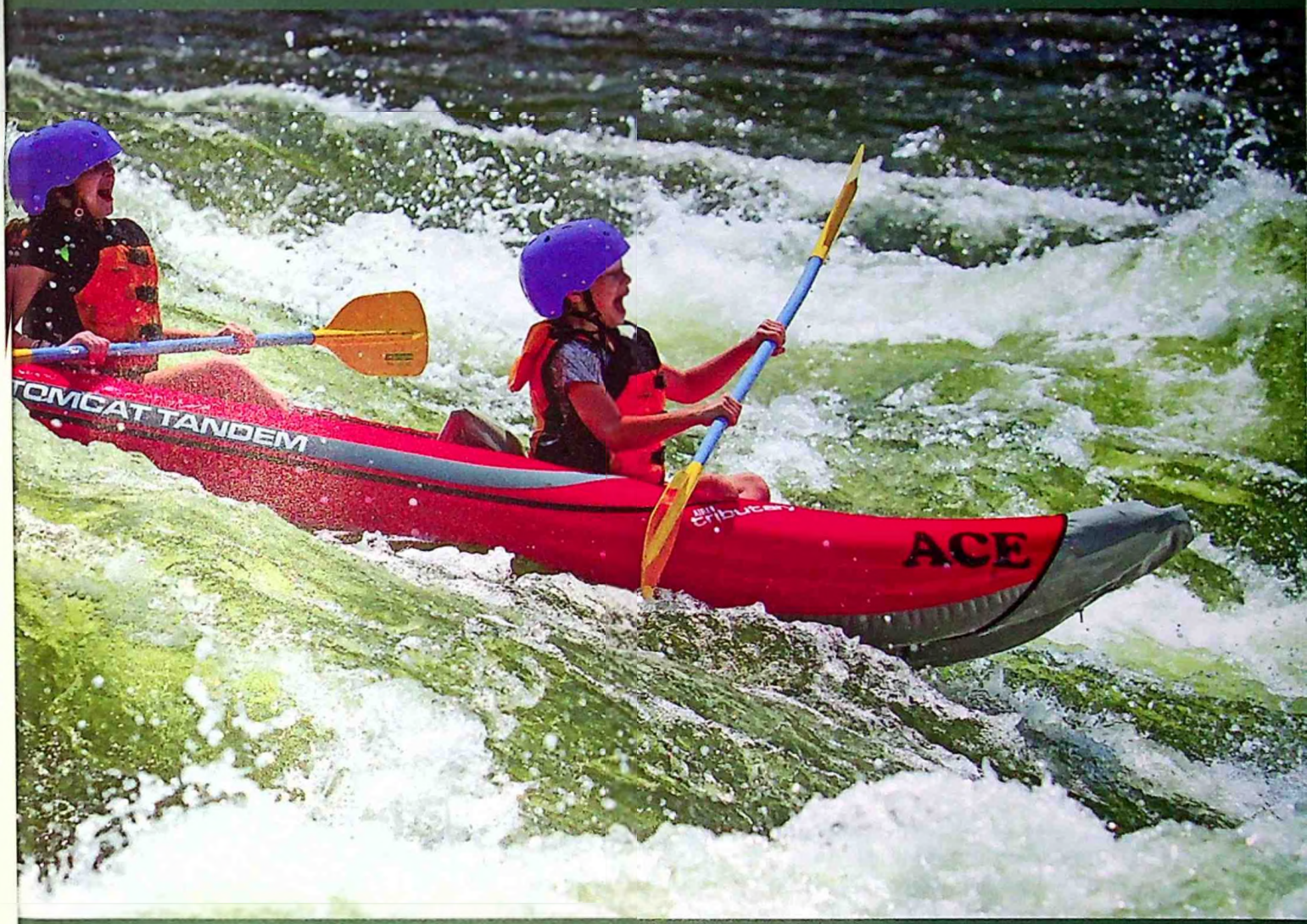
BLOWING ROCK

Chetola Resort at Blowing Rock

Chetola is like family summer camp with frills. Your dog can tag along; you can roast s'mores or hot dogs during Bonfire Nights; and paddleboards, kayaks, and fishing gear come with your room. The Chetola Sporting Reserve's fly-fishing operation is yours too. (An Orvis-endorsed guide is extra but worth it.) They have air rifle, archery, and sporting clay

Some establishments may experience COVID-19 closures.

almost heaven



Summertime in West Virginia is the perfect chance to explore the New River Gorge National Park. Set out by taking a family-friendly rafting trip with ACE Adventure Resort, where you'll reconnect with the little ones. And with each full-price adult, a child age 6-11 can raft for free. In Almost Heaven, you'll find the family fun you've been longing for.

WVtourism.com/ACE

ACE ADVENTURE RESORT / WEST VIRGINIA

instruction, and a Kids in Parks trail debuted this summer. The vibe here is mountain escape, and the food is filling. Toast the close of day with hot cocoa—or the popular Headwaters Sour cocktail. To book: *chetola.com*

WRIGHTSVILLE BEACH

Blockade Runner Beach Resort

This place, damaged by Hurricane Florence, has emerged from its 2018 renovation, and it is all about the water here. The Eco Paddle Tour sets you up with a kayak and takes you through marshes where you can spot cranes above and marine life in the clear waters below. Hop on a 40-foot sailboat to see the sunset or take a keelboat tour. Work up an appetite for executive chef Jessica Cabo's menu, which celebrates the sea and your own catch. Your fish will be prepared while the younger set recount their day at Kids Camp. To book: *blockade-runner.com*

South Carolina

ISLE OF PALMS

Wild Dunes Resort

With kids' programs, a splash pad, and an energetic social atmosphere, the new Sweetgrass Inn at Wild Dunes Resort appeals to young couples and families, while Wild Dunes' venerable Boardwalk Inn serves tradition. The spa includes ocean-inspired and CBD treatments. The Laughing Gull is the place for Conch Fritters followed by their margarita ice pop dessert, while Oystercatchers, as its name implies, offers four different oyster presentations and much more. On popular Tom Fazio-designed holes, golfers will find challenges with amazing views. To book: *destinationhotels.com/wild-dunes*

Tennessee

PIGEON FORGE

Dollywood's DreamMore Resort and Spa

At this terrific stay near Great Smoky Mountains National Park, the imprint of music legend Dolly Parton hugs you at every turn. Take the album-cover wall, the Dream Box of Dolly's belongings, and the Stone Soup at Song & Hearth eatery. Kids can enjoy

MCHENRY, MARYLAND

Wisp Resort

Find this multigenerational escape on Deep Creek Lake

TO LOOK COOL for the kids, hop on the Mountain Coaster at Wisp Resort (they don't need to know there's a hand brake). Or take the whole gang to what is billed as the world's only mountaintop white water and kayaking course. Zip lines come in three escalating levels, starting with the Chipmunk Challenge Course. For golf with views of the lake and wildlife, opt for the Lodestone course. From archery to disc golf, escape rooms to an indoor pool, it's all here. Deep Creek Lake State Park, where you can boat and fish, also features a Discovery Center. To book: *wispresort.com*

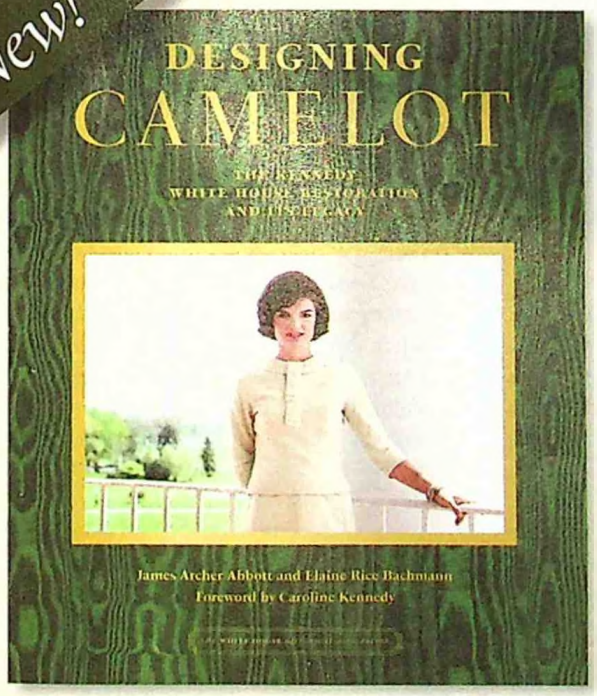
almost heaven

Kids raft free in the New River Gorge National Park with ACE Adventure Resort! Enjoy rafting trips for all ages plus guided outdoor adventures, a waterpark, private cabin rentals and more. This summer, create memories of a lifetime in Almost Heaven with ACE.

WVtourism.com/ACE

ACE ADVENTURE RESORT / WEST VIRGINIA

New!



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Designing Camelot

The Kennedy White House Restoration and Its Legacy

James Archer Abbott and Elaine Rice Bachmann

Foreword by Caroline Kennedy

On February 23, 1961, Jacqueline Kennedy launched the most historic and celebrated redesign of the White House in its history. The White House announced Mrs. Kennedy's plan to locate and acquire the finest period furniture, with which the historical integrity of the Executive Mansion's interiors would be restored.

Published by the White House Historical Association, this illustrated chronicle of the restoration celebrates the sixty-year legacy of one of the most influential interior design projects in American history.

First-person reflections, personal and public correspondence, media accounts, and photographs are included with detailed room-by-room analyses of the restoration, anecdotes about the people involved, and insights into the decisions made by Mrs. Kennedy in transforming the house into the national treasure we know today.

WINTERGREEN, VIRGINIA

Wintergreen Resort

Who knew a ski destination could be so great in the summertime?

GOT TEENAGERS? You'll be glad to know Wintergreen's Discovery Ridge Adventure Center defies any hint of "we're bored" with a zip line, mini golf, a climbing tower, gem mining, and a bungee trampoline. The Plunge, Virginia's largest tubing park, is tricked out for summer with plastic mats and a convenient "magic carpet" conveyor back to the top. You can also enjoy new electric bikes for slopes and mountains, 30 miles of hiking trails, two golf courses, tennis, a spa, and Lake Monocan. Not bad for a ski resort in the off-season. To book: *wintergreenresort.com*

nightly bedtime stories by the barn's firepit—pure Dolly. Rooms here are crisp, modern, and comfortable. The entrance to Dollywood Theme Park (with its newest expansion, Wildwood Grove) is just steps away. Plus, as a resort guest, you can get in early on Saturday mornings. To book: *dollywood.com/resort*

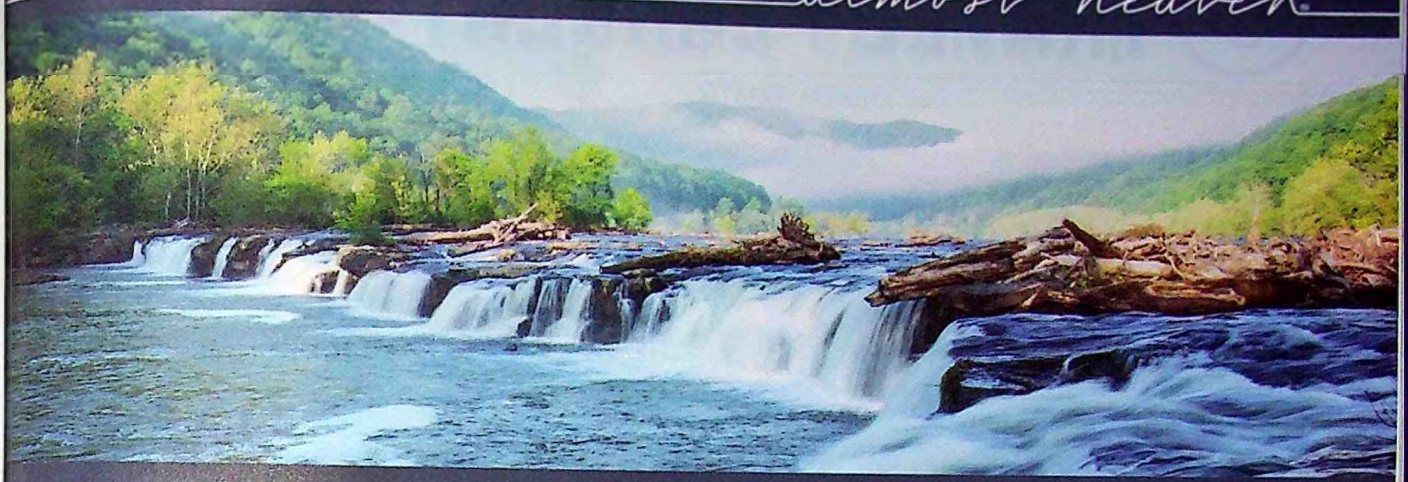
Virginia

PEMBROKE

Mountain Lake Lodge

Nowadays, the focus at Mountain Lake Lodge is more on mountain, less on lake, because the water mysteriously comes and goes. That's not a bad thing when there's an Adventure Center with a treetop aerial course, a five-stand clay course, three-dimensional archery (aim at faux critters), and bubble-ball inflatables (you're inside). Hikes range from the easy Jungle Trails to the scenic Bald Knob overlook. Outfitters whisk you away to the New River for fly-fishing, tubing, and kayaking. Take the *Dirty Dancing* self tour, or come to special weekends dedicated to the 1987 film that was shot here. To book: *mtnlakelodge.com*

almost heaven



If you're longing to explore America's newest national park, look no further than Summers County, the Southern Gateway to the New River Gorge National Park & Preserve. While you're here, discover spectacular beauty at Sandstone Falls or immerse yourself in West Virginia's rich history in the Hinton Historic District. Adventure is awaiting you in Almost Heaven.

WVtourism.com/SummersCountyCVB

Explore SUMMERS COUNTY / WEST VIRGINIA

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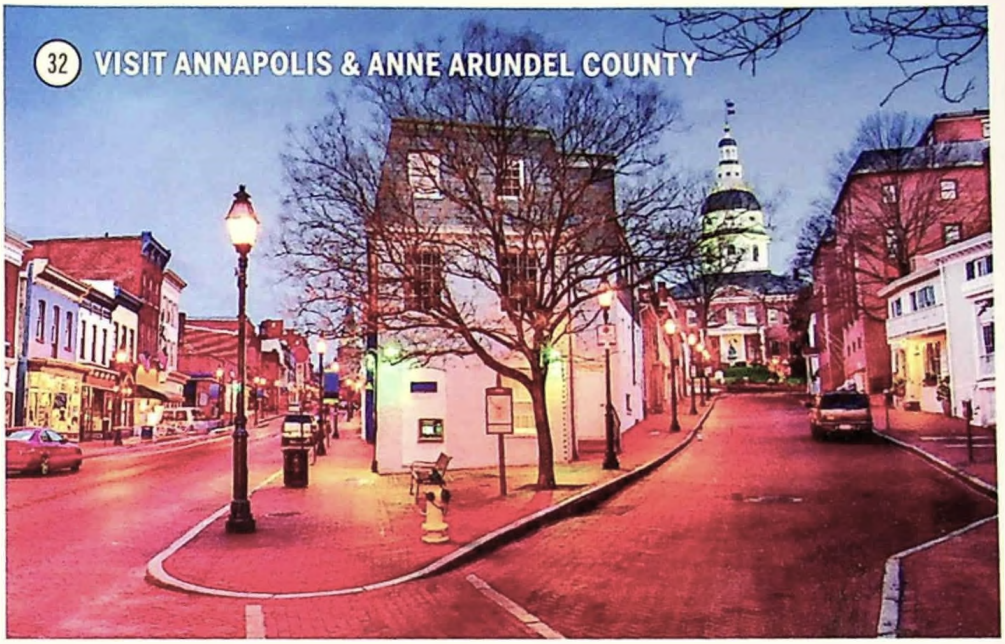

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57 Virginia is for Lovers

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A048 West Virginia
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A060 Books & Collectibles
66 The White House Historical Association

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· 2021 ·

The New Southern Tastemakers

For the past two years, we've gathered with the South's most stylish women in our Birmingham headquarters for roundtable chats and high-energy photo shoots. This year, in light of COVID-19, things looked a little different: We moved the conversation online and wrangled portraits from seven cities instead. But not even a pandemic could squash the spirits of our 2021 *Southern Living* Tastemakers—10 thoughtful, talented women who make our region a more beautiful place to call home

BY BETSY CRIBB

FINE PRINTS
Sue Sartor uses handmade fabrics for her clothing.

Sue Sartor

FOUNDER AND DESIGNER, SUE SARTOR
Monroe, Louisiana
@suesartor

Vibrant handstamped woodblock prints and breezy, blousy sleeves are the hallmarks of Sartor's covetable, Instagram-famous caftan dresses.

An Upcoming Brand Addition: "I am currently designing select menswear pieces in my signature botanical block prints. First up is a bow tie I patterned after my husband's favorite vintage piece. It was from his father's bow tie collection. Pop was the epitome of a true Southern gentleman."

A COVID-19 Takeaway: "We're all connected. Our respect for one another and our environment is crucial to our mutual success. Before the pandemic, fashion was on a crazy train without any direction. The coronavirus taught us to slow down and gain perspective."

Accomplishments Worth Celebrating: "I am most proud to have a family that loves and supports one another. It gives me great happiness that I was able to enjoy raising three amazing kids while giving back to my community through dedication to local nonprofits. And I take pride that at 48 years old, I was passionate enough to work really hard to start my own brand. I'm having the time of my life!"

Jean Liu

PRINCIPAL DESIGNER, JEAN LIU DESIGN
Dallas, Texas
@jeanliudesign

What began as a one-off decorating project for a friend has since grown into a beloved full-service interior design firm.

How My Business Gives Back: "Our studio has long been a supporter of Dwell with Dignity, a Dallas-based nonprofit organization that works with established social service organizations to help families furnish apartments so they can focus on the work of attaining self-sufficiency. Dwell with Dignity not only designs and provides all the furnishings for them but also does so in a way that takes into account their interests. For example, when we did our first apartment, we knew the son loved soccer, so that was one of the themes for his bedroom."

Something Every Woman Should Know: "By 30, each of us should know how to throw a dinner party. It's not easy to entertain (effortlessly), but we should all do it at least once a year so we can appreciate how much work goes into ensuring a fun evening is had by all when we're the guests. After all, the best parties I've ever attended have been in the South!"

INTELLIGENT DESIGN
Jean Liu started her Dallas decorating firm in 2007 with no formal training.

OPPOSITE PAGE: KELLY MOORE CLARK; THIS PAGE: LISA PETROLL

Stephanie Summerson Hall

FOUNDER, ESTELLE COLORED GLASS
Summerville, South Carolina
@stephaniesummersonhall

Her grandmother's own love of collecting vintage tableware inspired Hall's heirloom-worthy line of candy-hued glassware.

What Beauty Really Means: "It's confidence, clarity, and being your authentic self."

Something that Excites Me: "I love hearing about the journeys of other entrepreneurs and our shared experiences. [The community of business owners] is truly rewarding, and I fit in here more than any other space I have been in."

Favorite Southern Destination: "Downtown Charleston. It's such a beautiful place with beautiful people. It is also only 20 minutes from my home in Summerville, but it always feels like I've traveled far away."

RAISE A GLASS
Stephanie Summerson Hall sells a rainbow of colorful options.

Keith Smythe Meacham

COFOUNDER AND SHOPKEEPER,
REED SMYTHE & COMPANY
Nashville, Tennessee
@reedsmytheco

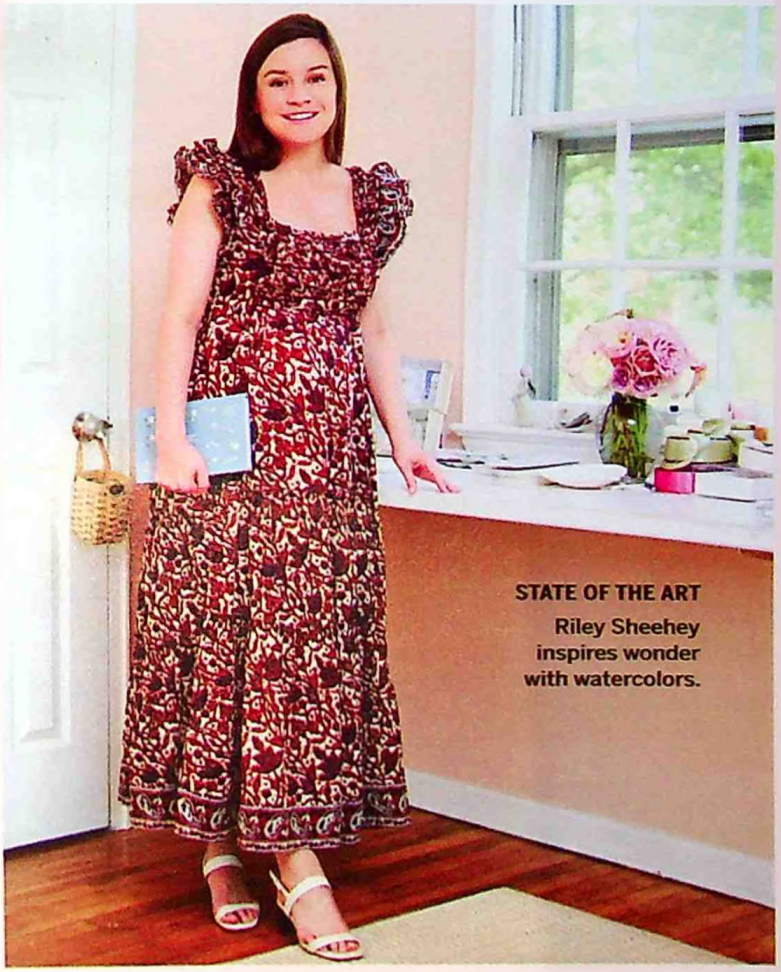
Meacham partnered with friend and fellow Mississippi native the late Julia Reed to launch an online shop of highly curated handmade goods in 2019.

What I Appreciate About Southerners: "It would be easy to say that I love their generosity, and that is true. But as a region, we haven't always been generous to everyone, and I love how that is changing. I think that may be what I like best about living here in this moment—watching it evolve and seeing the definitions of Southern tradition and Southern hospitality open wider."
How I Define Beauty: "I spend a lot of time these days thinking about what makes a house, a garden, a table, or even a life beautiful, and I guess it goes back to the same principle that also makes me happiest: balance. I love to mix formal china and silver with a whimsical tablecloth and colorful glassware. I like to host dinner in the dining room but to bring everyone through the kitchen to serve themselves buffet style. It's the mix that makes things beautiful to me."

Riley Sheehey

ARTIST
Falls Church, Virginia
@rileysheehey

She's painted everything from whimsical watercolor scenes to one-of-a-kind cowboy boots, plus she launched a line of textiles and wallpapers in May.
How I Define Success: "Hard work and kindness. I can't remember where I first read, 'Work hard, and be kind,' but when I did, something clicked with me. The most successful people I know are also some of the kindest, and they never cut corners."
A Perk of Being a Woman-Owned Brand: "I've been able to connect and collaborate with so many other female entrepreneurs, especially in this past year. I am a firm believer that we do our best when we are lifting each other up, and all the women I have met and worked with have truly exemplified this belief for me."



STATE OF THE ART
Riley Sheehey inspires wonder with watercolors.

FOREVER STYLE
Abbey Glass makes the old feel new again.

Abbey Glass

FOUNDER AND CREATIVE DIRECTOR, ABBEY GLASS
Atlanta, Georgia
@shopabbeyglass

Her playfully elegant pieces reimagine ladylike silhouettes of the past in a modern way. Five years ago, for our 50th-anniversary issue, Glass took inspiration from a 1966 *Southern Living* pattern and designed a timeless evening gown.

What I Enjoy About Living in the South: "Southerners can find beauty everywhere. I love the constant evolution of style here and our meaningful way of mixing traditional and modern."

Most Impactful Lesson Learned During COVID: "Never waste a crisis. Resilience is something that's inside every human being—more than we think."

Coming Soon: "We're launching a special-occasion collection this fall focusing on dresses and separates for a demographic with surprisingly limited choices in the marketplace right now: mothers of the bride and groom."

Kimberly Lewis

OWNER AND BUYER,
EMERSON GRACE
Nashville, Tennessee
@emersongracenashville

The fashion-industry veteran opened her boutique in 2013 in the 12 South neighborhood, where she offers a thoughtfully edited assortment of local and global brands.

Advice I Wish Someone Had Given Me: "Know your worth. Understand the value of what you bring to the table, and then negotiate from that place."

A Pandemic Lesson Learned: "Don't give up. I had a team relying on me and had customers who wanted to feel joy and optimism. I needed to think outside the box and trust my instincts more so than ever."

Why I Feel Empowered as a Female Business Owner: "There is great satisfaction in knowing that your company is positively impacting women and setting the example for others to see. Helping women look and feel good boosts their confidence and self-esteem. And there's something deeply gratifying about running a successful business that's yours."

SHOPTALK
Kimberly Lewis sells a modern mix at her boutique.

LESLEE MITCHELL

Catalina Gonzalez Jorba

FOUNDER AND DESIGNER, DONDOLO
Dallas, Texas
@cata_gonzalez_j

Her line of distinctive children's clothing is hand smocked in her native Colombia.

My Brand Philosophy: "The word 'dondolo' means 'to swing,' and I truly believe that the love you give is returned to you. When a Dondolo purchase is made, funds from that sale fuel wages and jobs for women in Colombia. I love knowing that when our customers buy from us, they are not only getting a beautiful piece of clothing to incorporate into their most precious family memories but also helping to make a difference in the lives of these women."

What I'm Proudest Of: "Being a working mom and owning a business. I still don't have it all figured out: it is a daily thing, even hour by hour. But I do love that my four boys get to see a mom who is working hard to make her dreams come true. I want them to watch me trying every day to do my best."

LITTLE LUXURIES
Catalina Gonzalez Jorba designs children's apparel.

BUSINESS CLASS
Influencer Nena Evans reimagines professional style.

Nena Evans

BLOGGER, *TAKE NOTE*
Richmond, Virginia
@nenaevans

The former data scientist became a full-time influencer in November 2020, sharing work-wear favorites and curating capsule wardrobes of elevated basics.

The Woman I Admire Most: "I know it sounds cliché, but I can't think of anyone more inspiring than my mom. I am fortunate to have been raised by the strongest and most generous woman on the planet. She exudes grace and poise, yet she is fierce and courageous. She puts others first and never seeks anything in return. She is everything I hope to be."

My Favorite Thing About Living in the South: "Oh my goodness—I live for Southern food! Give me all the mac and cheese, chicken and dumplings, and banana pudding. You can feel the love in the South with just one bite."

Wisdom Gained in Building My Brand: "By nature, I am a people pleaser and will move heaven and earth to make others happy. It took a while for me to realize that this instinct was inhibiting my growth, stagnating my creativity, and consuming far too much of my energy. Instead of trying to do it all and please every single person out there, I shifted my mindset to one that has been easier to maintain: Choose the right things, and do them well."

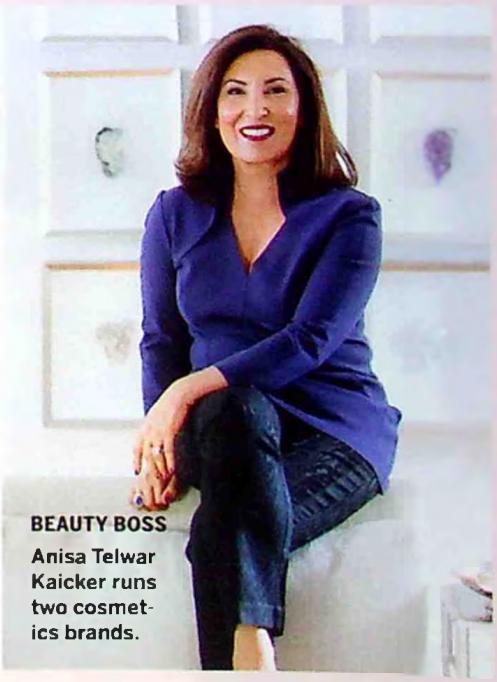
Anisa Telwar Kaicker

FOUNDER AND CEO,
ANISA BEAUTY
Atlanta, Georgia
@therealatk

Inspired by her entrepreneur mother, Kaicker launched a global beauty brand (Anisa International) in 1992 and a direct-to-consumer brand (Anisa Beauty) in 2019.

What Success Means to Me: "Last year was challenging for everyone. It was important that I navigated my business and led my team with a commitment to consistency, stability, and hope. This is how I am defining success: grounding myself and those around me in stability and gratitude for how we have gotten through these times."

Why I'm So Proud To Call Georgia Home: "From John Lewis to Stacey Abrams, watching Atlanta and Georgia emerge as important national players has filled me with joy and pride. I think the South has been underestimated for what we contribute."

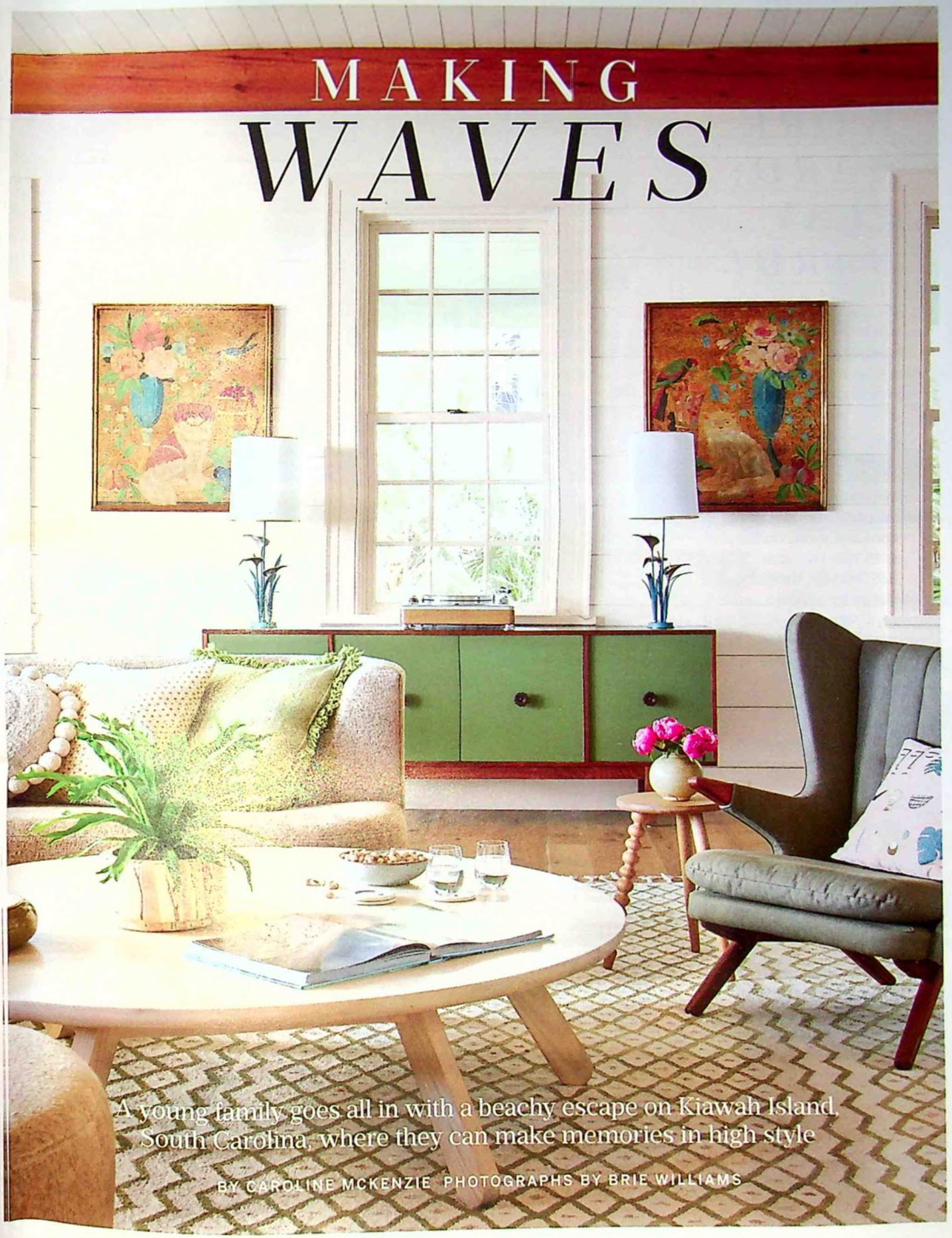


BEAUTY BOSS
Anisa Telwar Kaicker runs two cosmetics brands.

TOP: COURTESY NENA EVANS; BOTTOM: JENNIFER YOUNG

SWEET SPOT
The family room is a blend of elegance and durability, with an artful mix of antiques surrounding a Verellen sectional.

MAKING WAVES

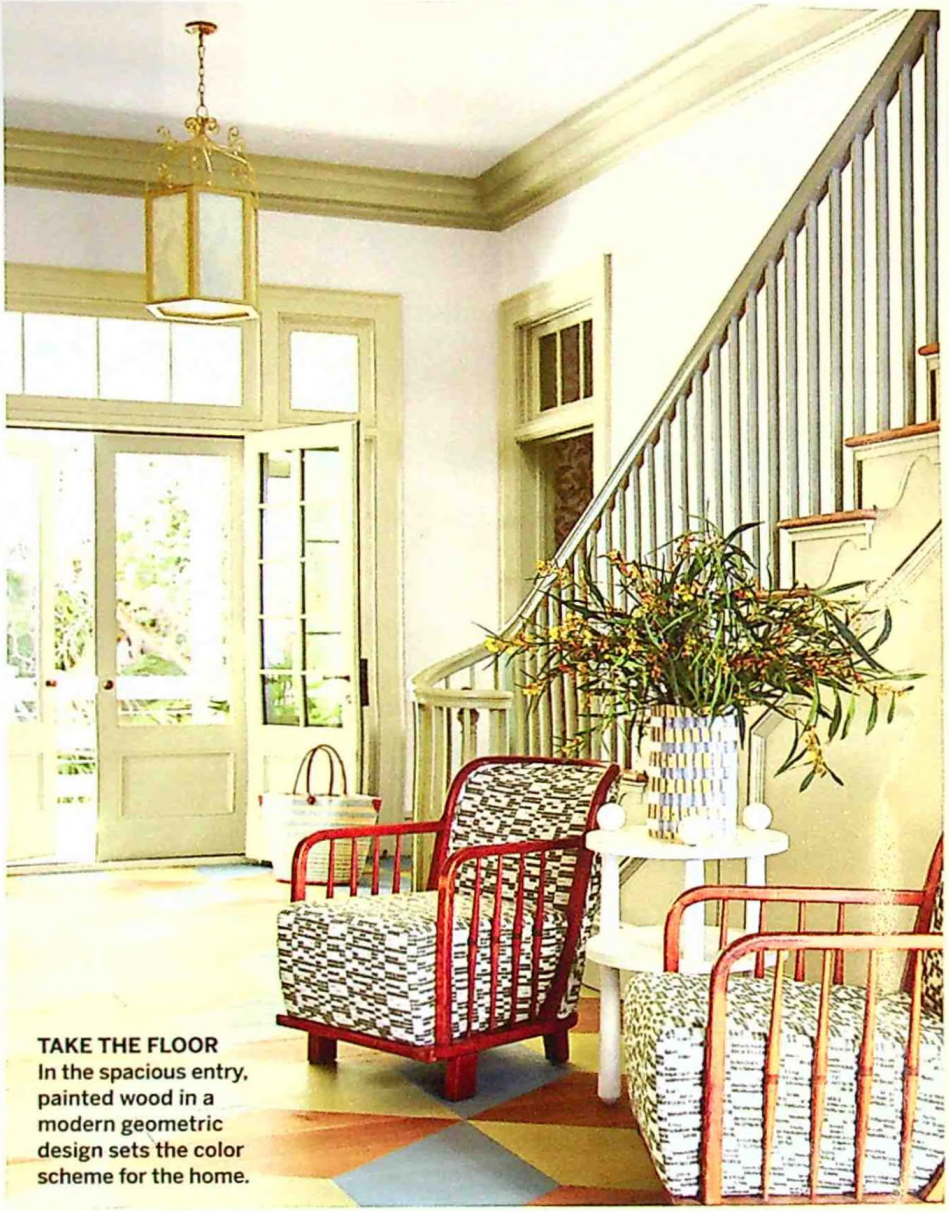


A young family goes all in with a beachy escape on Kiawah Island, South Carolina, where they can make memories in high style

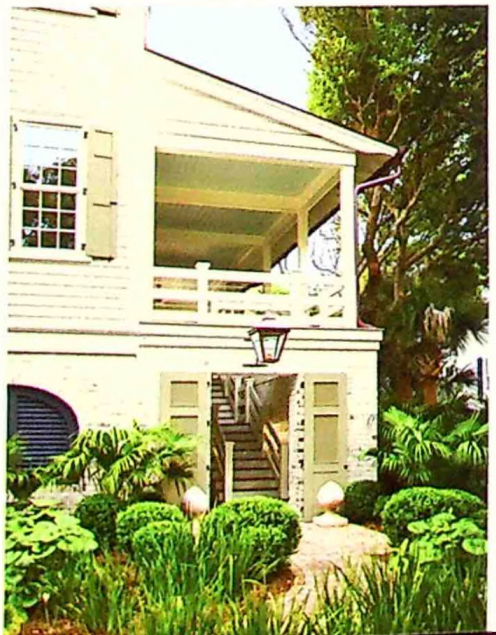
BY CAROLINE MCKENZIE PHOTOGRAPHS BY BRIE WILLIAMS

WORK HARD; PLAY HARD!

It's a phrase North Carolina residents Megan and Matt Lineberger have adopted as a way of life. It took on new meaning when they decided to put down roots with a vacation home on South Carolina's idyllic Kiawah Island. "We fell in love with the quiet beauty and knew it was just the place to escape on weekends and spend quality time with our four kids—Mason (10), Mia (8), Millie (5), and McCoy (2)—for years to come," says Megan. To bring their "forever beach home" to life, the couple enlisted general contractor Tom Martin and Son, architect Mark Maresca, and interior designer Cortney Bishop. Maresca tackled the "work" aspect of the house, crafting an old Charleston-style home that's well suited for large and lively modern-day gatherings. Bishop took on the "fun" portion, infusing the rooms with an energizing blend of bold patterns and an inviting palette of blues, greens, and yellows. Together, they created a design that packs a major one-two punch of form and function—just what the young family needed for their space. "The minute that we walk in this front door, we all just take a deep breath and completely relax. It's the embodiment of home," Matt explains.



TAKE THE FLOOR
In the spacious entry, painted wood in a modern geometric design sets the color scheme for the home.



Look to the Past

Maresca took inspiration from prerevolutionary Charleston homes when designing the Linebergers' Kiawah abode. "We immediately connected with Mark's vision of a 'new-old' house that felt at one with its surroundings," says Megan. That idea was brought to life with numerous references to the Lowcountry vernacular including a limewashed brick foundation, functional shutters (solid on the main floor and louvered on the other levels to allow airflow), and beaded lap siding.

Dare To Be Creative

What could have easily been an overlooked pass-through space is a hub of activity in Maresca's and Bishop's capable hands. The two put their heads together to transform the stairwell landing into a game room meets dining space. "Yes, this is a large home, but that doesn't mean that you shouldn't utilize every last inch creatively," says Bishop. The round whitewashed table by Amsterdam Modern is the perfect place for a rousing game of chess or a lazy lunch. The vintage fringe wall art was sourced from Tandem Antiques & Design in High Point, North Carolina.

Put a Twist on Tradition

"The kitchen was created to read as an old cook-house that was adjoined to the main home over time," says Maresca. "The lines and millwork are simpler, but the playful palette enlivens those 'old' bones." Below the oversize pendant (designed by Maresca) is a cerused white oak island that's topped with gray-blue Arabescatus marble. The banquette was outfitted with twin bistro tables to work for both the single morning coffee drinker and a large dinner party.

Churlish Green (No. 251)

Ball Green (No. 75)

Dix Blue (No. 82)

School House White (No. 291)

Paint Picks

Bishop chose a natural quartet – inspired by the Lowcountry sky, surf, and seagrass – that she used through the entire home. These soothing hues, ranging from off-white to silvery green, are all by Farrow & Ball.

PRETTY IN PALMS
In the main bedroom, the wallpaper (Caracas by Nobilis) nods to the scenery.

Age Gracefully

Is it really a beach house without a bunk room? We don't think so. This one was custom designed by Maresca, right down to the beveled millwork and wrought iron guardrails. "The bones are so stunning that it didn't take much for it to feel complete," says Bishop, who was careful to utilize layered prints and patterns that could easily camouflage the daily wear and tear from kids. What's more, this is a look that the Lineberger children can age with—not out of.

Find a Happy Balance

As much as Bishop loves classic elements and vintage finds, she is the first to admit that sometimes new is definitely the way to go. Case in point: the dreamy hanging porch bed. The piece, from German furniture manufacturer Dedon, is a dead ringer for honest-to-goodness wicker but is actually fabricated from engineered fiber. "Outdoor furniture is not what it used to be! It's possible now to have old-fashioned charm and modern durability too," says Bishop.

MOM KNOWS BEST
Janice Nguyen Hudgins (left) with her mother, Thu-Ha Nguyen

Roll Models

Janice Nguyen Hudgins owns a popular Vietnamese restaurant outside Charleston, South Carolina, and it all started with a beloved egg roll recipe

BY BETSY CRIBB PHOTOGRAPHS BY PETER FRANK EDWARDS

Janice Nguyen Hudgins grew up making egg rolls

with her mother, Thu-Ha Nguyen, but you won't find those on the menu at Little Miss Ha, her Vietnamese eatery in Mount Pleasant, South Carolina. "We do imperial rolls at the restaurant," Hudgins says. "We use rice paper, the way they do it in Vietnam."

For as long as Hudgins can remember, her mom, who emigrated from Vietnam to Charleston in 1979, has made egg rolls using wheat-flour wrappers. And until two years ago, Hudgins just assumed that was the most authentic version of the dish. "I was selling egg rolls out of the trunk of my car, and I had this awesome couple who would order, like, four dozen at a time," she says. "They had lived in Vietnam for nine years, and one day, they said, 'We love your egg rolls, but do you have the extra-crispy ones like they make in Vietnam?' " Bewildered, Hudgins asked her mother what they meant, and it was then that she learned the traditional Vietnamese egg rolls she had grown up making weren't *exactly* that. "Mom said, 'Oh yeah, they make them with rice paper there. That's the original way.' I said, 'What? We're not making them the original way?' I was totally duped."

Her mother's preference for the wheat-based wrappers was born of practicality, says Hudgins. "Rice paper is really, really sticky and fickle. When my mom and aunts moved to the States, they came across the wheat ones. Everybody was using those instead. It's a lot easier, and you can freeze them, so those are what we grew up on."

While the wheat-flour shells of Hudgins' childhood may not be part of the imperial rolls at Little Miss Ha, she still credits her mom's recipe as the one that started it all.

When Nguyen immigrated to Charleston, she didn't speak much English, but she could count money and landed herself a job at the since shuttered Piggly Wiggly on Meeting Street. "People couldn't really pronounce Thu-Ha (two-HA), so they were like, 'We'll just call you Miss Ha,' " says Hudgins. It stuck. After a stint as a cashier at the cigarette counter, "Miss Ha" moved to the deli, where she eventually started selling her egg rolls and fried rice on the hot bar, right alongside the fried chicken and okra stew. Well versed in making the recipe for a crowd, Nguyen also began selling them to a local caterer, who would buy a few hundred every other week. Filling the orders became a family affair. "Mom would make the mix; [my younger brother] Ryan would have to peel all the egg roll shells—he was only 5 or 6, so that was his job; and Mom and I would roll," says Hudgins.

Now, years later, Ryan is the head chef at Little Miss Ha and Hudgins is teaching her oldest daughter, Ellie, to help out too. "Once you roll a couple thousand, you'll get it!" Hudgins says.

FAMILY TRADITION Hudgins (standing at center) with her parents and brothers

Watch the Video
Hover your phone's camera over the smart code for a demo on wrapping egg rolls and to hear more from Hudgins and Nguyen.

Thu-Ha Nguyen's Vietnamese Egg Rolls

These crisp, golden egg rolls are full of savory flavor and are fun to assemble and fry with family or friends. If you can't find unseasoned, freshly ground pork at the supermarket, ask your butcher to grind a pork tenderloin.

ACTIVE 1 HOUR, 15 MIN. · TOTAL 1 HOUR, 15 MIN.
MAKES 60

- 1 cup thinly sliced yellow onion (from 1 small onion)
- 1 cup chopped scallions (from 1 bunch scallions)
- 1 cup shredded carrots (from 2 medium carrots)
- 3 oz. cellophane noodles (mung bean threads), prepared according to pkg. directions, drained, and coarsely chopped (1 cup)
- ¾ tsp. kosher salt
- 1½ tsp. granulated sugar, divided
- ¾ tsp. black pepper, divided
- 6 oz. fresh ground pork (not sausage)
- 6 oz. peeled, deveined raw shrimp, finely chopped
- 2¼ tsp. fish sauce (such as Red Boat)
- 60 spring roll shells (such as Wei-Chuan)
- Vegetable oil, for frying
- Dipping sauce of choice

1. Place yellow onion, scallions, carrots, cellophane noodles, salt, ¾ teaspoon of the sugar, and ½ teaspoon of the pepper in a large bowl; toss together until thoroughly combined.

2. Place pork, shrimp, fish sauce, and remaining ¾ teaspoon sugar and ¼ teaspoon pepper in a medium bowl. Stir using your hands or a fork until well combined. Add pork mixture to onion mixture; stir again until combined.

3. Fill a small bowl with cold water. Lay 1 spring roll shell on a cutting board or a clean work surface positioned in a diamond shape (with corners pointing north, south, east, and west). If wrappers seem dry when you take them out of the package, drape a warm, damp paper towel or kitchen towel over them to keep them from drying out as you work. Fold the corner closest to you (pointing south) in toward center. Place about 1 tablespoon filling in the center of the folded corner, and shape it into a 3-inch log running crosswise on wrapper. Fold left and right corners of the wrapper in toward center (A). Dip fingertips in cold water, and brush water onto the top edges of the wrapper (B). Using too much water will cause the wrapper to break, but using too little will not seal the wrapper. Starting from the bottom of the spring roll shell, roll wrapper over the filling tightly without tearing the wrapper; roll up around the filling 2 times (C). Press damp tip of wrapper down to seal roll (D). Place assembled egg roll on a baking sheet; cover with a damp paper towel. Repeat process with remaining spring roll shells and filling.

4. Fill a 12-inch skillet with oil to a depth of ½ inch. Heat over high until oil reaches 350°F. Working in batches, add about 10 egg rolls to hot oil. Cook, turning occasionally, until rolls are golden brown and a thermometer inserted into centers registers 165°F, 4 to 5 minutes. Transfer egg rolls to a large baking sheet lined with several layers of paper towels to drain. Repeat process with remaining egg rolls, adjusting heat as needed to maintain oil temperature of 350°F. Serve with your favorite dipping sauce.

FRUIT COCKTAILS

REFRESHING DRINKS THAT SHOW OFF THE SWEET SIDE OF SUMMER MELONS

PHOTOGRAPHS BY ANTONIS ACHILLEOS RECIPES AND FOOD STYLING BY KAREN SCHROEDER-RANKIN PROP STYLING BY KAY E. CLARKE

CANTALOUPE SLUSHIES
p. 102
HONEYDEW SLUSHIES
p. 102
WATERMELON SLUSHIES
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WHAT'S COOKING
SL
2020
SOUTHERN LIVING

Simple Syrup

ACTIVE 5 MIN.
TOTAL 35 MIN.
MAKES 1 ½ CUPS

Cook 1 cup water and 1 cup granulated sugar in a medium saucepan over medium-high, stirring constantly, until sugar dissolves, about 5 minutes. Remove from heat; cool to room temperature, about 30 minutes. Refrigerate, covered, until ready to use or up to 2 weeks.

Melon Slushies

ACTIVE 5 MIN. · TOTAL 5 MIN.

SERVES 2

- 2 cups frozen melon cubes (1-inch pieces, such as cantaloupe, honeydew, and red or yellow watermelon), plus more for garnish
- ½ cup crushed ice cubes
- ¼ cup (2 oz.) vodka
- ¼ cup (2 oz.) white wine aperitif (such as Lillet Blanc)
- ¼ cup Simple Syrup (recipe above)
- 2 Tbsp. fresh lemon juice (from 1 lemon)

Process all ingredients in a blender until smooth, about 45 seconds. Pour evenly into 2 glasses. Garnish glasses with additional melon pieces.

Honeydew Mojitos

ACTIVE 15 MIN. · TOTAL 15 MIN.

SERVES 4

- 1 medium-size thin-skinned lime, plus lime slices for garnish
- 4 cups honeydew melon cubes (1-inch pieces)
- ¾ cup (6 oz.) white rum (such as Bacardí)
- ½ cup loosely packed fresh mint leaves, plus mint sprigs for garnish
- ½ cup Simple Syrup (recipe above)
- Ice cubes
- 1 cup sparkling water, seltzer water, or club soda

1. Cut lime lengthwise into quarters. Using a knife, remove center white pith from lime wedges; discard. (Do not remove the peels.)

2. Place lime wedges, melon cubes, rum, mint leaves, and Simple Syrup in a blender. Process until mixture is smooth, about 1 minute. Pour through a fine mesh strainer into a measuring cup or a bowl, stirring and pressing lightly on solids to extract as much juice as possible. Discard solids.

3. Fill 4 glasses with ice cubes. Pour ¾ cup strained mixture into each glass. Top with ¼ cup sparkling water; stir. Garnish glasses with lime slices and mint sprigs.

Watermelon Sangría

ACTIVE 25 MIN. · TOTAL 25 MIN., PLUS 2 HOURS CHILLING

SERVES 4

- 14 cups watermelon cubes (1 ½-inch pieces, from ½ [22- to 24-lb.] watermelon)
- 1 (750-milliliter) chilled bottle dry rosé wine
- 4 cups melon balls (1-inch pieces, such as cantaloupe, honeydew, and red or yellow watermelon)
- ½ cup (4 oz.) elderflower liqueur (such as St-Germain)

1. Working in batches, process watermelon cubes in a blender until smooth, about 30 seconds per batch. Pour blended watermelon through a fine mesh strainer into a bowl, and discard solids. (You may need to stir the processed watermelon gently to help strain it, but don't press on the pulp.) Store watermelon juice in an airtight container in refrigerator up to 3 days; shake well before using.

2. Place chilled rosé, melon balls, elderflower liqueur, and 2 cups watermelon juice in a large pitcher; stir to combine. (Reserve remaining watermelon juice for another use.) Chill sangría at least 2 hours or up to 24 hours before serving.

MELONS MADE FOR MIXING

1 – **SEEDLESS RED WATERMELON**
Firm and crunchy, the fruit has an intense, candy-like sweetness (and no seeds), making it ideal for drinks.

2 – **CANTALOUPE**
The juicy, rich, and smooth flesh is denser than most melons. It has a strong sugary flavor and a musky aroma.

3 – **CANARY**
This fruit has a mildly sweet and tangy taste, a crisp and pearlike texture, and a delicate tropical fragrance.

4 – **CRENSHAW**
One of the sweetest melons, the Crenshaw is prized for its complex flavor, which some describe as slightly spicy.

5 – **HONEY KISS**
Similar to a cantaloupe, the flesh of this melon has a creamy texture and a syrupy sweetness.

6 – **ORANGE DEW**
A cross between a honeydew and cantaloupe, this melon is thin-skinned with a tender and sweet interior.

7 – **HONEYDEW**
The meltingly soft texture of this fruit complements its intense sweetness and light floral aroma.

8 – **MINI SEEDLESS WATERMELON**
This version tastes just like its larger counterpart but is smaller and also has a much thinner rind.

9 – **CASABA**
The flesh is tender and slightly creamy, and it has a light sweetness with notes of pear and cucumber.

10 – **YELLOW WATERMELON**
Even though it has the same crisp and juicy texture as a red watermelon, this kind is more mellow.

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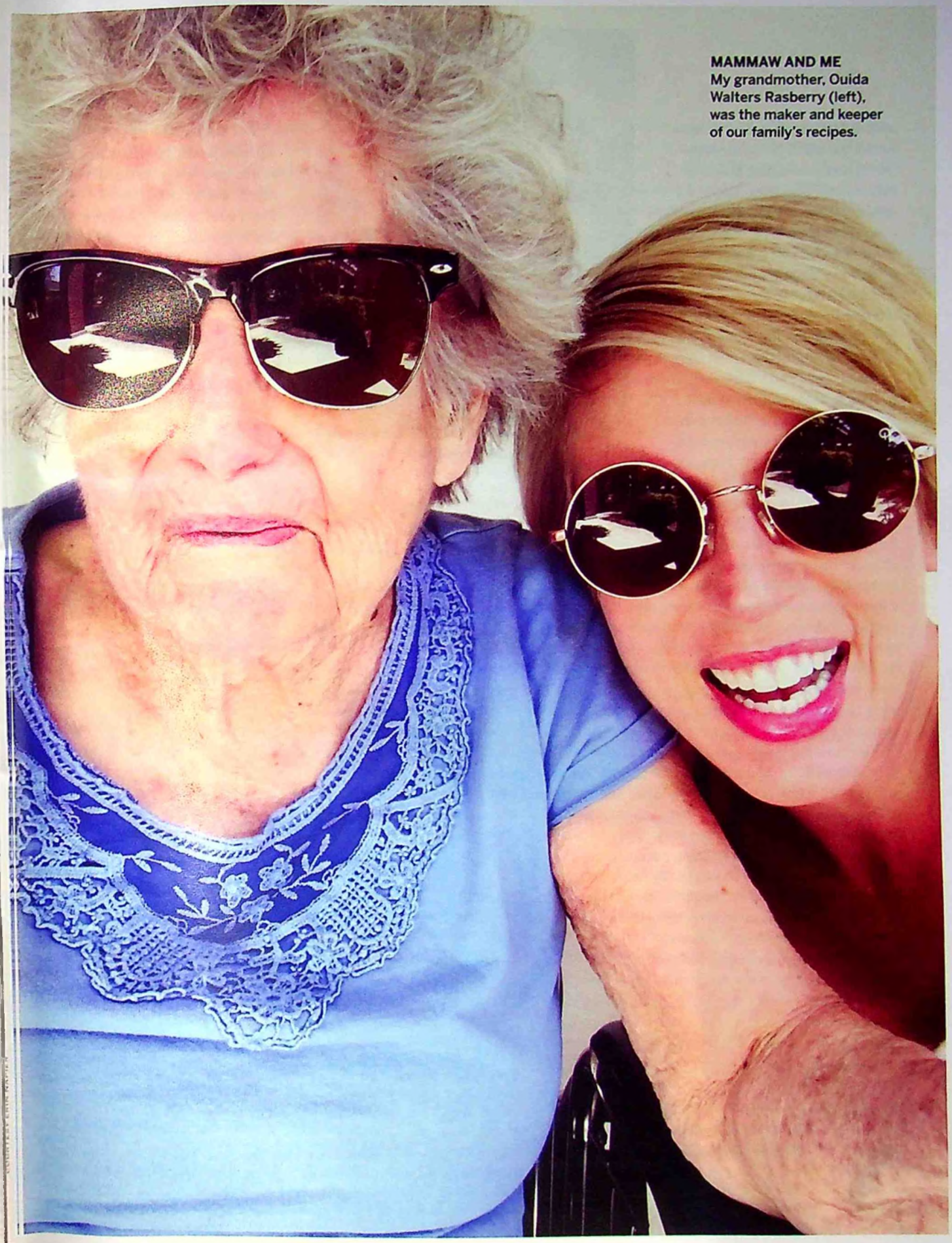
The Book of Ouida

As with the historic homes she works to preserve, HGTV star Erin Napier keeps her grandmother's memory alive the best way she knows how—by creating something to pass down

BY

ERIN NAPIER

My grandmother, Ouida Walters Rasberry, kept the dented aluminum biscuit bowl in one of her two little closet pantries, beside the strainers, jars, and presses she used for canning. A layer of newspaper loosely lined the linoleum floor of the closet for reasons unknown. In the other pantry closet, freezer tape on the back of the door marked the heights for me;



MAMMAW AND ME
My grandmother, Ouida Walters Rasberry (left), was the maker and keeper of our family's recipes.

my brother, Clark; and my cousin Jim for a decade. These measurements kept watch over the simple ingredients she used time and again: yellow cornmeal, Crisco, cocoa powder, and parboiled rice. There was no fancy truffle oil or balsamic vinegar, but there was a metal canister stamped with the word "grease" that kept what was left behind by the bacon she cooked. She ate collards and eggs fried in it daily and lived to be 97.

When I was in high school, I spent the weekend with Mammaw (as we called her) a couple months after my grandfather, Pappaw, passed away. One night, while doing my homework at her dinner table, I put a mix CD I'd made into the hulking six-disc CD changer my uncle had given her when it was the hottest new technology, and the song "Video" by the musician India.Arie came on. Mammaw had been cleaning up the kitchen, and then I noticed her shadow shuffling into the room—a little clap and sidestep, and she danced to the music. I'd never seen her move that way before and certainly didn't expect it in the fog of grief we'd been living in, but in that moment, we were two girlfriends, dancing to an acoustic guitar with a hip-hop beat. And I adored her even more fiercely for it.

That was the weekend I asked her to teach me the secrets of biscuit making. She pulled out the dented aluminum bowl and poured a few cups of Martha White self-rising flour into it. Then with her tiny, sun-weathered hands, she made a fist to form the crater to add the other ingredients for the dough. Her instructions weren't quantifiable: "Pour in the buttermilk until it looks about like this," she said. I wrote down my closest estimates so I would have proof, since I was now the official keeper of the Rasberry family biscuit secrets.

Next, she taught me two more of her most beloved dishes: spicy rice and tomato gravy. The rice was always served for Sunday lunch, when we would all descend on her house ravenous after an hour-long Baptist sermon. It was waiting on the Formica kitchen counter in her biggest skillet, as tempting as her homemade mac and cheese. I took for granted that we would have time to cook like this again. She was healthy, her mind was sharp, and the weekends stretched out in front of us.

Hidden Treasure
These large, fruit-shaped ceramic canisters were stuffed full of Mammaw's handwritten recipes.

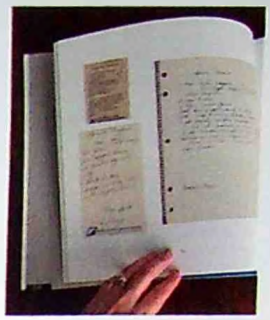
But in January of 2008, she suffered a stroke that stole the words from her mouth and memories from her mind. By that point, I was a recent Ole Miss graduate and was engaged to the love of my life, Ben. As I was about to become a wife, I realized how badly I wanted to know all of those untold recipes. I felt a new wave of grief in realizing that chance was gone, even if we still had her with us. She was eventually able to piecemeal sentences together with the small vocabulary she relearned after post-stroke therapy. For a few years, she managed living by herself and preparing her own meals, even if she couldn't remember all the steps. In 2015, we began to lose her again. Ministrokes stole her freedom this time, and she moved to assisted living.

We helped Daddy sort out her home: the crocheted table doilies, the wooden rotary-dial phone on the kitchen wall, a copy of *The Swiss Family Robinson* and several Danielle Steel books, the mint condition issues of *Southern Living* dating back to the early 1990s stacked neatly in a magazine rack. I took photos of each room, exactly as she had left it, so we would always remember the Christmases and birthdays spent around her out-of-tune piano and the dinner table. I packed her Blue Willow dishes, the glass tea pitcher, the cobalt blue ceramic canisters, and the dented biscuit bowl into the back of my Grand Wagoneer. I felt a bit of her soul attached to those objects, talismans that would make me feel like I was closer to her, even as she felt so far away now. I found a few cookbooks, none seeming particularly worn or used. But the things I really hoped to discover—her handwritten recipes—were nowhere to be found. Everything else was neatly packed and placed in storage until "later."

The "later" no one wanted to think about finally came one bright morning in May 2020, when she passed away. After a few weeks, Daddy felt ready to give her modest belongings to Goodwill. Ben, Clark, and Jim were helping him load huge pieces of furniture into a truck when the door of the dining room console flung open, nearly spilling the contents onto the pavement. Inside were two ceramic canisters, shaped like a ripe peach and a basket of strawberries, stuffed to the brim with her recipes that were

The Napiers join *Biscuits & Jam*! Hover your phone's camera over the smart code to listen to our episode with Erin and Ben.

scribbled on any paper she'd had handy. They were all there: the peanut brittle, Jim's favorite Christmas cake, spaghetti and meatballs, and her famous creamy layered dessert called Chocolate Delight—a simple and frequent character on her dinner table alongside the hand-battered fried chicken and butter beans. It felt like she was alive and well and giving us this one final gift that would carry on in us and our children and their children.



Sweet Memories
The Book of Ouida is filled with family recipes and other keepsakes.

I carefully scanned the recipes, one by one, onto the computer and compiled them into a chapter book of her favorite dishes, along with tips she had clipped from magazines (like how to keep your meringue from sweating and when to trim your crepe myrtles). I included those photos of her house and pictures of her with her head thrown back as she laughed on the front porch, with a straw sun hat resting on the table beside her.

Last year, I gave *The Book of Ouida* to everyone in our family for Christmas. This year, I expect we'll have a buffet of all her recipes at our holiday dinner, and when we hear "Blue Christmas" on the radio and sing it loud enough, we'll hear her and Pappaw joining in, too, with an off-pitch piano accompanying us all.

Ouida's Chocolate Delight

ACTIVE 15 MIN. - TOTAL 1 HOUR, 15 MIN., PLUS 2 HOURS CHILLING

SERVES 8

- 1½ cups self-rising flour
- 1½ cups chopped toasted pecans
- ½ cup unsalted butter, melted
- 1 (8-oz.) pkg. cream cheese, softened
- 1 cup unsifted powdered sugar
- 1 (16-oz.) container frozen whipped topping (such as Cool Whip), thawed, divided
- 4 cups whole milk
- 1 (5.9-oz.) pkg. chocolate instant pudding mix
- 1 (3.4-oz.) pkg. vanilla instant pudding mix
- Chocolate syrup (optional)

1. Preheat oven to 350°F. Coat a 13- x 9-inch baking dish with cooking spray. Stir together flour, pecans, and butter in a bowl. Press mixture into prepared baking dish in a thin layer, patting mixture evenly into all corners. Bake until set, about 20 minutes. Remove from oven; cool about 30 minutes.

2. Beat cream cheese with an electric mixer on medium speed until creamy, about 2 minutes. Gradually add powdered sugar, beating until well blended, 45 seconds to 1 minute. Fold in 1 cup of the thawed whipped topping. Spread mixture evenly over cooled crust.

3. Whisk together milk and the chocolate and vanilla pudding mixes in a large bowl until well combined. Let stand until slightly set, about 10 minutes. Pour mixture over cream cheese layer; spread with remaining whipped topping. Drizzle with chocolate syrup if desired. Cover, and chill at least 2 hours or up to 8 hours.

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broccoli?
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SOUTHERN COOKING AT ITS BEST

The Kitchen

Herb-Crusted Salmon with Potatoes and Tomatoes (page 110)

SUPPERTIME

Cheat Sheets

Five garden-fresh weeknight dinners that look fancy but come together in a single pan

Rosemary Chicken Thighs with Summer Vegetables (page 110)

photographs by GREG DUPREE

Rosemary Chicken Thighs with Summer Vegetables

ACTIVE 20 MIN. · TOTAL 50 MIN.

SERVES 4

- 1 small (1-lb.) eggplant
- 1 small orange bell pepper, sliced into thin strips (about 2 cups)
- 1 Tbsp. olive oil
- 2 tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- 1 Tbsp. grated lemon zest (from 2 lemons)
- 3 tsp. finely chopped fresh rosemary, divided
- 4 (7- to 8-oz.) bone-in, skin-on chicken thighs
- 1 medium zucchini, cut into half-moons (2 ½ cups)
- 1 pt. yellow cherry tomatoes, halved
- 2 Tbsp. finely chopped fresh flat-leaf parsley, plus more for garnish
- 1 tsp. balsamic glaze

1. Preheat oven to 475°F with racks in upper third and lower third positions. Cut eggplant in half lengthwise. Reserve 1 of the eggplant halves for another use. Cut remaining eggplant half in half lengthwise; then slice crosswise into ½-inch-thick pieces. Place in a medium bowl. Add bell pepper strips, oil, and ¼ teaspoon each of the salt and black pepper to eggplant; toss to coat. Spread mixture in an even layer on an 18- x 13-inch rimmed baking sheet; set aside.

2. Stir together lemon zest, 2 teaspoons of the rosemary, ¼ teaspoon of the salt, and remaining ¼ teaspoon black pepper in a small bowl. Using your hands, rub about ½ teaspoon lemon mixture under skin of each chicken thigh. Sprinkle chicken skin evenly with ½ teaspoon of the salt. Place 1 chicken thigh, skin side up, in each corner of baking sheet with eggplant mixture. Bake on lower rack in preheated oven 15 minutes.

3. Remove baking sheet from oven. Increase oven temperature to broil. Stir zucchini, tomatoes, and ¼ teaspoon of the salt into eggplant mixture on baking sheet; spread in an even layer (do not move chicken). Immediately return to lower oven rack; broil just until zucchini is tender-crisp, about 10 minutes. Transfer baking sheet to upper rack, and broil until chicken skin is crisp and zucchini mixture is charred in spots, about 3 minutes. Sprinkle zucchini mixture with parsley and remaining 1 teaspoon rosemary and ¾ teaspoon salt. Drizzle with balsamic glaze, and stir to combine. Garnish with additional parsley, and serve.

HOT SPOTS

The corners of a sheet pan heat up the most, so those are good areas to cook bone-in proteins like chicken thighs.

Herb-Crusted Salmon with Potatoes and Tomatoes

ACTIVE 25 MIN. · TOTAL 40 MIN.

SERVES 4

- 1 ½ lb. yellow baby new potatoes, quartered
- 1 Tbsp. herbes de Provence
- ¼ tsp. black pepper
- 5 Tbsp. olive oil, divided
- 2 tsp. kosher salt, divided
- ⅓ cup finely chopped mixed fresh tender herbs (such as flat-leaf parsley, chives, and tarragon)
- ¼ cup panko breadcrumbs
- 1 Tbsp. Dijon mustard
- 4 (6- to 7-oz.) skin-on salmon fillets
- 1 (14-oz.) pkg. multicolored cherry tomatoes
- 2 tsp. white wine vinegar
- ½ tsp. grated garlic

1. Preheat oven to 450°F. Toss together potatoes, herbes de Provence, pepper, 2 tablespoons of the oil, and 1 teaspoon of the salt on an 18- x 13-inch rimmed baking sheet. Arrange potatoes cut side down, and spread mixture evenly. Roast 10 minutes. Remove from oven.

2. While potato mixture roasts, stir together mixed herbs, panko, mustard, and 1 tablespoon of the oil in a small bowl. Rub salmon evenly with 1 tablespoon of the oil, and sprinkle with ½ teaspoon of the salt. Spoon herb-panko mixture evenly over salmon, pressing to adhere.

3. Add tomatoes to baking sheet with potatoes, and spread mixture evenly (leaving potatoes cut side down). Return to oven; roast at 450°F for 5 minutes. Meanwhile, stir together vinegar, garlic, and remaining 1 tablespoon oil and ½ teaspoon salt in a small bowl; set aside.

4. Remove baking sheet from oven. Push potato-tomato mixture to outer edges of baking sheet; arrange salmon in center of baking sheet. Return to oven; roast at 450°F until salmon is just firm and opaque, about 12 minutes. Remove from oven. Spoon vinegar mixture over potato-tomato mixture, and stir to combine. Divide salmon and potato-tomato mixture evenly among 4 plates.

QUICK TIP

Spread vegetables evenly on the pan so they don't steam.

Sheet Pan Vegetable Lasagna

ACTIVE 25 MIN. - TOTAL 1 HOUR

SERVES 6

- 1 (10-oz.) pkg. frozen chopped spinach, thawed
- 1 lb. zucchini and/or yellow squash, cut lengthwise into 1/8-inch-thick slices
- 1 1/2 tsp. kosher salt, divided
- 1 (15-oz.) container whole-milk ricotta cheese
- 1/2 cup packed coarsely chopped fresh basil, plus small leaves for garnish
- 1/3 cup drained sun-dried tomatoes in oil (from 1 [8 1/2-oz.] jar), chopped
- 3/4 tsp. crushed red pepper
- 3 oz. Parmesan cheese, grated (about 3/4 cup), divided
- 1 (32-oz.) jar marinara sauce (such as Rao's)
- 1 (9-oz.) pkg. no-boil lasagna noodles
- 8 oz. low-moisture part-skim mozzarella cheese, shredded (about 2 cups)
- Olive oil, for aluminum foil

1. Preheat oven to 450°F with 1 rack in middle position and 1 rack positioned 6 inches from heat source. Place spinach on a clean kitchen towel, and squeeze firmly over sink to remove as much liquid as possible. Transfer spinach to a medium bowl, and pull apart using 2 forks; set aside.

2. Place zucchini in a colander set in a sink, and toss with 1/2 teaspoon of the salt. Let stand until zucchini begins to soften, about 15 minutes. Toss zucchini in colander to drain any remaining water.

3. While zucchini softens, add ricotta, basil, sun-dried tomatoes, crushed red pepper, 1/2 cup of the Parmesan, and remaining 1 teaspoon salt to spinach in bowl; stir until combined.

4. Spread 2 cups of the marinara sauce in bottom of a 15- x 10-inch rimmed baking sheet. Layer with enough noodles to cover sauce (about 6 noodles), overlapping noodles slightly. Spread ricotta mixture evenly over noodles, and top with 1 cup of the mozzarella. Arrange zucchini slices in a single layer over mozzarella, overlapping slightly. Cover with another layer of noodles (about 6), overlapping slightly, and remaining 2 cups marinara sauce, 1 cup mozzarella, and 1/4 cup Parmesan (your baking sheet should be brimming to the top). Lightly coat 1 side of 2 large pieces of aluminum foil with oil; wrap lasagna tightly with foil, oiled side down. Place on a larger baking sheet (in case of overflow), and bake on middle rack in preheated oven until noodles are tender, about 20 minutes.

5. Remove lasagna from oven; remove and discard foil. Increase oven temperature to broil. Place lasagna on rack 6 inches from heat source in oven; broil until cheese and noodles are browned and crisp in spots, about 7 minutes. Garnish with basil leaves.

Baked Caprese Chicken with Green Beans and Corn

ACTIVE 25 MIN. · TOTAL 35 MIN

SERVES 4

- 1 cup multicolored grape tomatoes, halved
- 1 Tbsp. rice vinegar
- 2 Tbsp., plus 1 tsp. olive oil, divided
- 2 tsp. kosher salt, divided
- ¾ tsp. black pepper, divided
- 4 small ears fresh corn, shucked and halved crosswise
- 12 oz. fresh green beans, trimmed
- 4 (6- to 7-oz.) boneless, skinless chicken breasts, patted dry
- 1 Tbsp. grated lemon zest (from 2 lemons)
- 4 (1 ½-oz.) deli-style mozzarella cheese slices
- ¼ cup unsalted butter, softened
- ¼ tsp. grated garlic
- ¼ cup, plus 2 Tbsp. finely chopped mixed fresh tender herbs (such as basil, tarragon, and/or chives), divided

1. Preheat oven to 425°F. Stir together tomatoes, vinegar, 1 tablespoon of the oil, and ¼ teaspoon each of the salt and pepper in a small bowl. Let stand at room temperature until ready to use.

2. Toss together corn pieces, green beans, 1 teaspoon of the oil, and ½ teaspoon of the salt on an 18- x 13-inch rimmed baking sheet, and spread mixture in an even layer. Bake in preheated oven 10 minutes. Remove from oven.

3. While corn mixture bakes, sprinkle chicken evenly with 1 teaspoon of the salt and ¼ teaspoon of the pepper. Heat 1 ½ teaspoons of the oil in a large skillet over medium-high. Add 2 of the chicken breasts to skillet. Cook, undisturbed, until browned on bottoms, about 4 minutes. Transfer chicken to a plate. Repeat process with remaining 1 ½ teaspoons oil and chicken.

4. Push corn mixture to 1 long side of baking sheet. Arrange chicken, browned side up, along other long edge of baking sheet. Sprinkle chicken evenly with lemon zest; top each breast with 1 cheese slice. Return baking sheet to oven, and bake at 425°F until a thermometer inserted into thickest portion of chicken registers 160°F, 8 to 10 minutes.

5. Meanwhile, stir together butter, garlic, ¼ cup of the herbs, and remaining ¼ teaspoon each salt and pepper in a bowl.

6. Remove corn from baking sheet, and spread evenly with 2 tablespoons butter mixture. Toss together green beans and remaining 2 tablespoons butter mixture on baking sheet. Stir remaining 2 tablespoons mixed herbs into tomato mixture in bowl; spoon over chicken on baking sheet. Divide chicken, tomatoes, green beans, and corn evenly among 4 plates, or transfer to a large platter.

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Sheet Pan Jambalaya

ACTIVE 15 MIN. • TOTAL 35 MIN.

SERVES 4

- 2 small mixed yellow, orange, and/or red bell peppers, cut into thin slices and slices halved crosswise
- 1 (12-oz.) pkg. andouille sausage, sliced
- 1 medium-size yellow onion, thinly sliced (3 cups)
- 1 ½ Tbsp. chopped fresh thyme
- 1 Tbsp. olive oil
- ½ tsp. garlic powder
- 2 tsp. Creole seasoning (such as Tony Chachere's), divided
- 3 large scallions
- 12 oz. jumbo peeled, deveined raw shrimp
- 1 (10-oz.) can diced tomatoes and green chiles (such as Rotel), drained
- 2 (8.8-oz.) pkg. precooked microwavable white rice

1. Preheat oven to 425°F. Toss together bell peppers, sausage, onion, thyme, oil, garlic powder, and 1 teaspoon of the Creole seasoning on a 13- x 18-inch rimmed baking sheet; spread mixture in an even layer. Bake until mixture is almost tender-crisp, 15 to 17 minutes, stirring mixture once halfway through cook time.

2. Meanwhile, thinly slice dark green parts of scallions; set aside. Thinly slice white and light green parts of scallions; transfer to a large bowl. Add shrimp, drained tomatoes and green chiles, and remaining 1 teaspoon Creole seasoning. Using your hands, crumble rice into shrimp mixture to separate any clumps; stir to combine. Set aside until ready to use.

3. Remove baking sheet from oven. Stir shrimp mixture into bell pepper mixture on baking sheet; return to oven. Bake at 425°F until shrimp are pink and opaque throughout and rice is warm and tender, about 9 minutes. Sprinkle with dark green parts of scallions.

Southern Affairs

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CharlestonAreaBeaches.com

Raspberry-Peach Parfait Pops (page 118)

SNACK TIME

Lickety-Split Pops

Beat the heat with healthy spins on a summer staple

photographs by GREG DUPREE

RECIPES JASMINE SMITH FOOD STYLING RISHON HANNERS PROP STYLING KATHLEEN VARNER

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SO, EVERYONE.
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Raspberry-Peach Parfait Pops

ACTIVE 15 MIN. · TOTAL 15 MIN., PLUS 6 HOURS FREEZING · SERVES 8

- 1 ¼ cups vanilla whole-milk Greek yogurt
- ¼ cup half-and-half or whole milk
- 2 Tbsp. honey
- ¾ cup fresh raspberries, coarsely chopped
- ½ cup chopped peeled peach (from 1 fresh ripe peach)
- ⅓ cup granola (without raisins)

1. Stir together Greek yogurt, milk, and honey in a medium bowl.

2. Fill each of 8 (3-ounce) ice-pop molds halfway with yogurt mixture. Top each with about 1 ½ tablespoons chopped raspberries and 1 tablespoon chopped peach, gently pressing some of the fruit into yogurt mixture (you can use a wooden or metal skewer). Top evenly with remaining yogurt mixture. Sprinkle evenly with granola, gently pressing granola to ensure it adheres to yogurt. Insert ice-pop sticks, and freeze at least 6 hours.

3. To serve, run molds under warm water for a few seconds, and gently pull out ice pops.

Skip the Dairy

Swap out the yogurt and milk for 1 ¼ cups **vanilla coconut milk yogurt** and 2 tablespoons **coconut milk beverage** (such as Silk Coconutmilk), or use 1 ¼ cups **vanilla almond milk yogurt** and 2 tablespoons **unsweetened almond milk beverage.**

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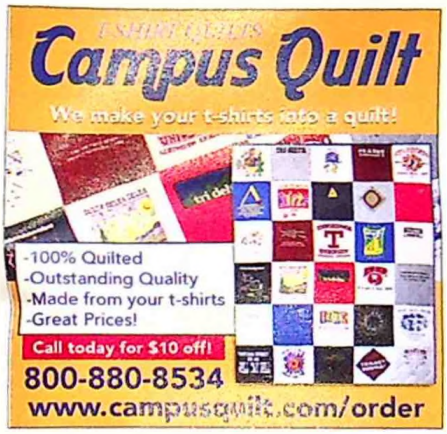

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Waffling Around

Cornmeal adds crunch and a toasty flavor to this breakfast favorite

PASS THE PANCAKES No waffle iron? No worries. Use the batter to make pancakes in a skillet or on a griddle.

Cornmeal Waffles

ACTIVE 40 MIN. · TOTAL 40 MIN.

MAKES 16

- 2 large eggs
- 2 cups whole buttermilk
- ½ cup unsalted butter, melted
- 1 ¼ cups all-purpose flour
- ¾ cup plain yellow cornmeal
- 1 Tbsp. granulated sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. kosher salt

1. Preheat oven to 200°F. Set a wire rack inside a large rimmed baking sheet. Preheat waffle iron according to manufacturer's instructions. Process eggs in a blender until frothy, about 15 seconds. Add buttermilk and melted butter. Pulse until combined, about 10 pulses. Add flour, cornmeal, sugar, baking powder, baking soda, and salt. Pulse until fully combined, about 5 pulses, stopping to scrape down sides of blender as needed.

2. Lightly coat hot waffle iron with cooking spray. Pour about ¼ cup batter per waffle in center of waffle iron. Cover with lid, and cook until golden brown, 4 to 5 minutes. Carefully remove waffle from waffle iron, and place on prepared baking sheet. Transfer to preheated oven to keep warm. Repeat process with remaining batter, letting waffle iron reheat and recoating it with cooking spray in between batches.

OUTSIDE-THE-BOX TOPPINGS

Go beyond maple syrup and fresh seasonal fruit

Fully Loaded
Shredded Cheddar cheese, sunny-side up egg, crumbled breakfast sausage, and minced chives

Smokin' Hot
Thick-cut bacon, spicy honey, and black pepper

Garden Variety
Ricotta cheese, halved cherry tomatoes, fresh corn kernels, and fresh basil leaves

RECIPE: MELISSA GRAY. FOOD STYLING: RISHON HANNERS. PROP STYLING: KATHLEEN VARNER. ILLUSTRATIONS: KENDYLL HILLEGAS

photograph by GREG DUPREE

"PUT IT IN THE SKILLET AND COOK IT."

Jimmy Dean

TODAY'S YOUR DAY TO *Shine on*™

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Cherries-and-Cream Icebox Cake (page 123)

SAVE ROOM

Cherry Jubilee

This cool, creamy (make-ahead!) dessert is a real treat on a hot day

photograph by GREG DUPREE

Cherries-and-Cream Icebox Cake

ACTIVE 25 MIN. - TOTAL 25 MIN., PLUS 8 HOURS CHILLING

SERVES 12

- ½ cup plus 1 Tbsp. cherry preserves (from 1 [13-oz.] jar, such as Bonne Maman)
- 4 cups heavy whipping cream, divided
- 2 tsp. vanilla extract, divided
- ¾ tsp. almond extract, divided
- 1 (8-oz.) pkg. cream cheese, softened
- ¾ cup plus 3 Tbsp. powdered sugar, divided
- 21 (2 ¼- x 5-inch) graham crackers (from 1 [14.4-oz. pkg.])
- Fresh cherries, for topping

1. Process cherry preserves in a food processor until completely smooth, 1 to 2 minutes; set aside.

2. Beat 3 cups of the cream, 1 teaspoon of the vanilla, and ½ teaspoon of the almond extract with a stand mixer fitted with whisk attachment on medium speed until foamy, about 30 seconds. Increase speed to medium-high, and beat until stiff peaks form, 1 to 2 minutes; set aside.

3. Beat cream cheese, ¾ cup of the powdered sugar, and 3 tablespoons of pureed cherry preserves in a large bowl with an electric mixer on medium speed until smooth and completely combined, about 2 minutes. Gently fold one-third of whipped cream mixture into cream cheese mixture until thoroughly combined. Repeat in 2 more additions with remaining whipped cream mixture.

4. Lightly coat a 9-inch springform pan with cooking spray. Line bottom of pan with a layer of graham crackers, breaking them in order to cover bottom (don't worry if there are some small gaps). Spread 2 cups whipped cream mixture over graham crackers. Dollop with 1 tablespoon pureed cherry preserves; swirl with a wooden skewer or the tip of a knife. Repeat layers 3 more times with remaining graham crackers and whipped cream mixture and 3 tablespoons of the remaining preserves, ending with whipped cream mixture and preserves. Cover; chill 8 to 24 hours.

5. Before serving, beat remaining 1 cup cream, 1 teaspoon vanilla, and ¼ teaspoon almond extract with a stand mixer fitted with whisk attachment on medium speed until foamy, about 30 seconds. Increase speed to medium-high, and gradually add remaining 3 tablespoons powdered sugar; beat until medium peaks form, 1 to 2 minutes. Remove cake from springform pan; spread top with whipped cream. Dollop remaining 1 tablespoon preserves onto whipped cream; swirl gently with a wooden skewer or the tip of a knife. Top with fresh cherries.

SECRET TO THE SWIRL

Ribbons of pureed cherry preserves run through the layers of this dessert. Dollop the center of each whipped cream layer with 1 tablespoon preserves. Use a wooden skewer or the tip of a knife to drag and swirl the preserves evenly throughout the whipped cream.

QUICK TIP

Use a serrated knife to cut clean slices of the cake.

HEALTHY IN A HURRY

That's a Wrap

Tuck shrimp, cilantro, and quick pickled veggies into lettuce leaves for a light lunch or appetizer

CAL 284
CARB 4 g
FAT 22 g

Make It Ahead
Prepare and chill the shrimp, pickled vegetables, and mayonnaise mixture the day before.

Grilled Shrimp Lettuce Wraps

ACTIVE 20 MIN. · TOTAL 20 MIN.
SERVES 4

- 1 lb. medium peeled, deveined raw shrimp
- 2 Tbsp. canola oil
- 1 Tbsp. rice vinegar
- 1 garlic clove, grated (about 1 tsp.)
- 1 (1-inch) piece fresh ginger, peeled and grated (about 1 tsp.)
- 1 Tbsp., plus ½ tsp. lower-sodium soy sauce, divided
- ½ cup thinly sliced radishes
- ½ cup thinly sliced matchstick carrots
- ½ tsp. kosher salt
- ½ tsp. granulated sugar
- ⅓ cup mayonnaise
- 1 Tbsp. finely chopped fresh cilantro leaves, plus leaves for garnish
- 2 tsp. grated lime zest plus 1 tsp. fresh juice (from 1 lime)
- 16 large butter lettuce leaves or Bibb lettuce leaves

1. Preheat grill to medium-high (400°F to 450°F). Stir together shrimp, oil, vinegar, garlic, ginger, and 1 tablespoon of the soy sauce in a medium bowl until combined. Toss together radishes, carrots, salt, and sugar in a small bowl until combined; set aside. Stir together mayonnaise, cilantro, lime zest, lime juice, and remaining ½ teaspoon soy sauce in a separate small bowl until combined; set aside.

2. Place shrimp on oiled grates. Grill, uncovered, until lightly charred and cooked through, about 2 minutes per side, and transfer shrimp to a plate to rest.

3. To assemble each wrap, stack 2 lettuce leaves together; spread ½ generous tablespoon of the mayonnaise mixture on top lettuce leaf. Top with some of the shrimp and some of the vegetable mixture; garnish with cilantro. Repeat with remaining lettuce, mayonnaise mixture, shrimp, vegetable mixture, and cilantro; serve immediately.

photograph by GREG DUPREE

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COOKING SCHOOL

TIPS AND TRICKS FROM THE SOUTH'S MOST TRUSTED KITCHEN

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OUR PICK: OXO Good Grips Non-Stick Pro Half Sheet 13 x 18 Inches, $25; *amazon.com*

COOKIE SHEET
The best ones have a layer of air inside the aluminum to keep sheets from overheating and burning cookies.

OUR PICK: AirBake Natural Aluminum 2 Pack Insulated Cookie Sheets, 14 x 12, $19; *amazon.com*

SECRETS TO SHEET PAN SUCCESS

1

Use a Cooling Rack
Cook breaded foods on an oven-safe cooling rack set on top of the sheet pan. This helps the outer coating stay crisp, not soggy.

2

Fire Up the Broiler
Use this direct heat source at the very end of the cooking time to melt or to crisp up ingredients. (Just be sure to keep an eye on it.)

3

Remember the Garnishes
Add fresh herbs, a squeeze of citrus juice, or a handful of chopped, toasted nuts to a meal for extra flavor, color, and texture.

TIPS FOR SLICING ICEBOX CAKES

1.
PICK A SPRINGFORM PAN
Removable sides eliminate the need to lift the cake out of the pan to be sliced.

2.
CHILL COMPLETELY
The cookies need time to soften to set the cake layers and make it easier to serve.

3.
KEEP THE KNIFE CLEAN
Warm a serrated knife under hot water, dry it off, and then make a clean cut. Repeat for each serving.

"I like the simple, homemade look of an icebox cake, but you can **make it appear neater by smoothing the sides** with an offset spatula."
—*Pam Lolley*, Test Kitchen Professional

photographs by GREG DUPREE

"Do I Really Have To Chill My Bowl and Beaters?"

Yes, you do. When making whipped cream, it's essential to keep everything as cold as possible, even your tools. Place a metal mixing bowl and beaters (or a whisk) in the freezer for about 15 minutes before you beat the heavy cream—straight from the refrigerator, of course. Chilled dairy whips up faster and stays voluminous longer.

Southern Staple
Pickapeppa Sauce

Mildly spicy and sweet yet sour, Pickapeppa Sauce has been a Southern pantry mainstay since its arrival in the U.S. through the port of New Orleans in 1982. Created in 1921 by Norman Nash in the village of Shooters Hill in Jamaica, this condiment blends onions, cane vinegar, sugar, tomatoes, mangoes, raisins, and aromatic spices. Here are a few ways to use it:

- Season deviled eggs and potato salad.
- Pour over cream cheese, and serve with crackers.
- Top burgers, hot dogs, and French fries.

Cook of the Month

Robin McMahon
HENDERSONVILLE, NC

We're excited to introduce a new column that will regularly feature an active and enthusiastic member of our Facebook cooking group. (To join, see details below.) Here, get to know Robin McMahon.

Proudest moment in the kitchen: "I made a seafood dish with scallops and mussels, neither of which I had ever cooked before. It was delicious!"

Gadget I can't do without: "My immersion blender. It makes it so much easier to puree butternut squash soup, which is one of my favorites."

Signature dish to take to a friend or neighbor: "I usually make a sheet pan dinner; my go-to is crispy Parmesan-baked chicken with veggies.

Join Our Facebook Cooking Group! Hover your phone's camera over the smart code, and request to join.

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Sticker Shock

The hottest way to show everybody how cool you are

YOU NEVER know what people will put on their car windows down here in the South.

At a glance, you can immediately learn their political leanings, pet ownership, and religious affiliation as well as whether their car is insured by State Farm or Smith & Wesson. You know that their son is an honor student at St. Ignatius Presbyterian Polytechnic and whether they prefer to Anchor Down, Hunker Down, or just call the Hogs. You can find out if they want to live the Salt Life or the Miller High Life or...well, you see what I mean.

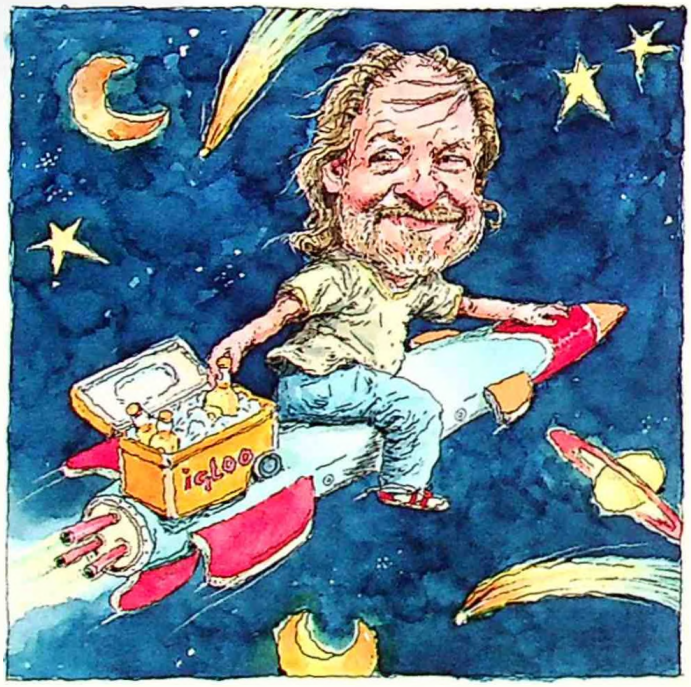
But perhaps the most puzzling thing I have ever seen affixed to the back window of a vehicle was a proclamation for a brand of beer cooler. There it was, on a decal as big as my head: YETI.

"Catchy name," I recall thinking. "Yeti, a mythical Himalayan creature. It's cold in the Himalayas. Coolers keep stuff cold. Cool."

But I just couldn't see why anyone would want every single driver who ever followed them in traffic or parked beside them at Applebee's to know how proud they were of their, well, tub.

I couldn't wrap my head around it. It's like riding through town with a big ole decal that says Frigidaire. I mean, a Frigidaire does keep stuff really, really cold, but I sure wouldn't go around bragging about it.

Then I saw one of those coolers in a store down on the Gulf Coast. I looked at the price tag and suddenly understood. If I had spent that much, I would want everybody to know too. I might take out a billboard on I-10 just this side of Slidell, Louisiana, or maybe even get myself a tattoo.



I guess it's a Southern thing. Any way we find to beat back the awful heat is dear to us. When I was a boy, my brothers and I did some pick-and-shovel work for my uncle. In the hot months, there was always a battered Igloo cooler propped in the shade or on the tailgate of his old GMC pickup. It was my job to fill it up with water and ice on the way to the site.

There were no cups. We drank from empty RC Cola bottles, with the heat from the bare red dirt cooking through the bottoms of our work boots. Fifty years have passed, and I still haven't tasted anything quite that good again. But I don't know if I want to ride around with "IGLOO" emblazoned on my Toyota.

My brother and I spotted one just like that in an antiques/junk store a while back. We stood looking at it for a long, long time—at the pitted galvanized-metal skin and the warped handle. It's funny how a thing like that can become a touchstone or a time machine.

"We ought to buy it," I said. But then I looked at the price tag.

I decided to rethink the Yeti. Knowing how these things can appreciate over time, I bet about 50 years from now, I can sell it and buy a rocket ship. Then I can stick any decal I want on its side.

Think about it. I could arc through the Milky Way just so everyone who sees it will know that "My Other Child Is an Australian Shepherd."

Illustration by JOHN CUNEO

We say no to extra stuff and use only the finest ingredients, expertly crafted.
Just like home decor, it's best not to overcomplicate things.

NO ARTIFICIAL SWEETENERS. NO ARTIFICIAL FLAVORS. NO IS *beautiful.*

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IVORY

gentle on skin

24 hr trusted protection

Made without aluminum, dyes, talc & baking soda

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